

FRIDAY'S TOTAL JACKPOT PRIZES

\$101
MILLION
EST.

\$60 EST. **MILLION**



41 EST. **x \$1 MILLION**
MAXMILLIONS™



Buy tickets until
7:30pm PT on draw day.

BUY YOUR TICKET AT



DARE TO DREAM WITH FRIDAY'S JACKPOT

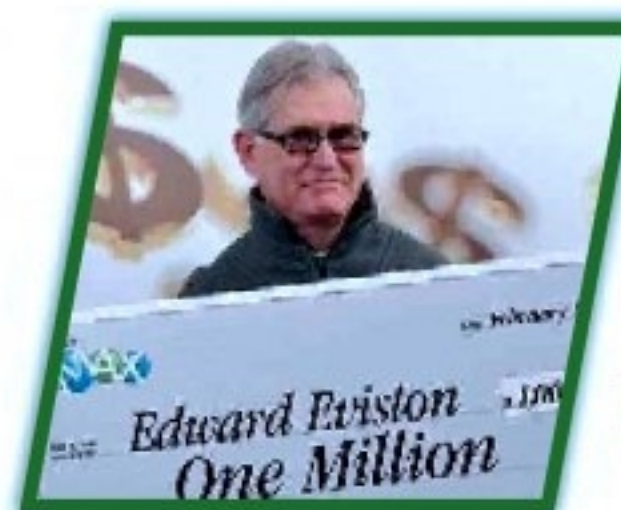
\$60
MILLION^{EST.}



41x^{EST.}
\$1 MILLION
MAXMILLIONS™



June B.
\$50 MILLION
Kelowna, BC



Ed E.
\$1 MILLION
MAXMILLION
Vancouver, BC



Buy tickets until
7:30pm PT on draw day.



Know your limit, play within it. **GameSense**

19+

TERROR AT HOME

metroNEWS



talk
about **fresh
solutions**

save on foods

Check out this week's Fresh Solution,
Grilled Eggplant Haloumi Burger,
on pages 4 and 5.

Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

CANADIAN
MEDAL
COUNTER

1

1

5

GOLDEN PENNY

Oleksiak makes Olympic history



RIO

Your essential daily news | WEEKEND, AUGUST 12-14, 2016

High 25°C/Low 16°C Sunny!

Deborah Sexton has been living in her car since she was evicted from the three-bedroom house she had rented in North Vancouver for 34 years after the owner decided to sell the property.
JENNIFER GAUTHIER/METRO



PUSHED OUT

Vancouver's rising land values
have led to an increase in evictions,
and a tough search for renters
looking for new homes

metroNEWS



RED WING CSA APPROVED SAFETY FOOTWEAR



3507
6" BOOT
\$279⁹⁹



3536 (KING TOE)
6" WATERPROOF
BOOT
\$279⁹⁹



3504
6" WATERPROOF
BOOT
\$329⁹⁹



2414
8" WATERPROOF
BOOT
\$359⁹⁹

THE RED WING SAFETY FOOTWEAR HAS SPANNED MORE THAN A CENTURY.
PREMIUM, PURPOSE-BUILT BOOTS.

REDDHART.CA

WORKWEAR



BURNABY 4707 Kingsway 604.439.1212
LANGLEY 19689 Willowbrook Drive 604.539.1456
Kelowna 250.868.8693 Nanaimo 250.585.8500

SUMMER SAVINGS

What better way to celebrate the summer and our brand new service centre than with great offers!

Plus with every service we provide:

- Complimentary car wash and vacuum • Free multi-point inspection • Free shuttle service* • Free refreshments in our family-friendly service lounge • Free smiles



COOLANT FLUSH



\$109.88

Help optimize your engine's running temperature with a coolant flush.*

*Not to be combined with any other offer.

Valid 08/31/16

WHEEL ALIGNMENT



FREE CHECK ✂

Proper wheel alignment will ensure longer tire life and improve gas mileage.*

*Not to be combined with any other offer.

Valid 08/31/16

AIR CONDITIONING SPECIAL



10% off

Any Air Conditioning related servicing or repairs.*

*Not to be combined with any other offer.

Valid 08/31/16

SERVICE SPECIALS



10% off

All vehicles that are over 5 years old or over 100,000km.*

*Not to be combined with any other offer.

Valid 08/31/16

HONDA TIRE GUARANTEE

Lowest Price!

If you find a lower advertised price within 30 days of purchase we will match it! Plus ask about our limited time manufacturer rebates.

*Some restrictions may apply, speak to a service advisor for details.

ONE MORE THING ...

Brake fluid service \$120*

Service includes changing your brake fluid and bleeding the brake system.

*Not to be combined with any other offer.

Valid 08/31/16

Bring these coupons in and visit our brand new service department before August 31st to redeem your special offers.

2 minutes away from the Canada Line and we also offer convenient Saturday servicing and parts! Book your appointment today! Call 604.324.6632 or book your service appointment online at: vancouverhonda.com



Renters being pushed out are unable to find new housing

REAL ESTATE

Rising land values leading to an increase in evictions



Jen St. Denis
Metro | Vancouver

Deborah Sexton has a warning for Metro Vancouver renters: "It can happen to anybody."

"It" is homelessness. Sexton has been living in her car for the past year after being evicted from the three-bedroom house she had rented in North Vancouver for 34 years after the owner decided to sell the property.

The 60-year-old receives disability payments and works part-time, but despite months of trying to look for a two-bedroom apartment she plans to share with a relative, she's lost out at least five times to other renters.

"The competition is unbelievable," Sexton said. "They say they're having an open house and you show up 15 minutes early and there's already 20 people there."

Renters are being squeezed by skyrocketing land values, and those who are evicted are finding it difficult to bounce back and find new housing: Vancouver's vacancy rate is currently just 0.6 per cent and a



Chris Bell, 33, found himself temporarily homeless after he and many neighbours in a three-storey Mount Pleasant apartment building were given two-month eviction notices. JEN ST. DENIS/METRO

two-bedroom now often rents for between \$2,000 and \$2,500 a month.

Chris Bell, a 33-year-old cook, recently went through his own eviction drama: he and many of his neighbours in a three-storey Mount Pleasant apartment building were given two-month eviction notices because

the property owner intended to renovate each suite. Bell was given the option to move into a newly renovated suite in the same building, but the rent he shared with a roommate would have gone up by \$500 per month.

With the help of a tenant advocate from First United

Church, Bell appealed the eviction to B.C.'s Residential Tenancy Board, but ended up settling for an extra month of tenancy. Finding a new place was "awful."

"I looked at something on East 6th and St. Catherines and it was bedbug central," he said. "I looked at ... a 100-year-old



Deborah Sexton is homeless and living out of her car in North Vancouver. JENNIFER GAUTHIER/METRO

building that had an exposed ceiling, and not in a good way."

And several of the landlords Bell considered renting from wanted him to sign a fixed-term rental agreement, a type of tenancy that makes it easier to evict tenants and raise rents higher than B.C.'s current 2.9 per cent yearly rent increase cap.

Luckily, Bell was able to find a new place, a basement studio suite in Kitsilano, when his former roommate's mom put him in touch with friends of hers.

"I got 'mommied' by my roommate's mom," he admitted. In Metro Vancouver's heated

real estate market, tenant advocates say cases of tenants being pushed out through "renovictions" or fixed-term tenancies are rising as landlords seek higher-paying tenants. They say B.C.'s rent laws need to change to better protect renters, while the B.C. government counters that current laws offer adequate protections.

Since losing her home, Sexton has met around 10 other people who are in a similar situation, many of them women.

"People say you don't look homeless, and I say well, yes, I do, because I am," she said.

More Product for Less • Better Health Lives Here

Buy 1 get \$5 off • Buy 2 (of the same product) get \$12 off



Organika Salmon Oil

Helps with inflammation, joint pain & eczema
1000 mg • 200 caps



Organika Milk Thistle

Protects liver and aids in detoxification
250 mg • 200 caps



Platinum Easy Multi

Includes added Omega 3 & 6
60 + 12 caps



Platinum Relev-X

Actively relieves joint pain fast
100 soft gels



Brad King Maca Energy

Boosts energy levels
750 mg • 180+20 vcaps



Renew Life Cleanse More

Relieves constipation
80 vcaps

SENIOR DISCOUNT
10% OFF REGULAR PRICE
Sign-up for a free loyalty membership for an additional 5% savings. Details in store.



NUTRITION HOUSE
Metropolis@Metrotown
2nd level skytrain entrance, next to Starbucks
2260 - 4700 Kingsway
Burnaby • (604) 430-0501
Sale ends August 19, 2016.

talk
about **fresh
solutions**

At Save-On-Foods
our customers
always come first.

We understand
that they are
living busier and more
complex lives, and
are looking for
more than
just groceries.

Fresh Solutions
are inspiring
meal ideas
that save time,
money, are easy to
prepare, and
most importantly,
families will love.

save on foods

VANCOUVERING



Stephen Finlay is ARA Mental Health's executive director and says his organization's closure will be a big loss for the DTES community.
JENNIFER GAUTHIER/FOR METRO

Cuts end service in Downtown Eastside

Mental health support provider left out of Coastal Health's plan

CAFÉ POLITICS



Wanyee Li
Metro | Vancouver

As a mental health advocacy group in Vancouver's Downtown Eastside prepares to close, advocates and experts say more mental health funding is needed in the community.

ARA Mental Health is one of several organizations with which Vancouver Coastal Health (VCH) did not renew its contract. Gallery Gachet, a drop-in art space for DTES artists, and the Drug Users Resource Centre were also not renewed.

It's been a long time coming, said Stephen Finlay, executive director of ARA.

"It was expected before I was even hired," he said. "That was June 2015."

The non-profit will close its office for good at the end of August.

Three full-time advocates, one part-time worker, and an executive director work at ARA's office on West Pender Street. Up to 30

people a day walk into the office seeking help, according to Finlay.

The advocates help people find services and programs that can otherwise be difficult to access for someone with complicated mental health illnesses. But the paperwork does not stop there.

"We will help people prepare their applications for disability status from the welfare ministry. We will help people dispute evictions before the Residency Tenancy Branch. We will help people who have lost their ID, apply for new ID," Finlay said.

The loss of more than three full-time advocates in the Downtown Eastside will be a big blow to a community already struggling, he said.

"We are going to see a shortage of services and the consequences of that shortage will be things like ... more people will be diving in dumpsters who might have had welfare payments otherwise."

But Finlay remains optimistic that health-care providers like VCH will realize the important role that services like ARA, Gallery Gachet, and DRUC play in

the community.

But VCH said it is no longer funding standalone services and instead focusing its resources on programs that directly link clients to medical care.

"As our goal is to improve health care for our clients and keep them as healthy as possible by meeting their current needs, siloed services do not fit in with our continuum of care approach," the health authority told Metro in an email.

ARA's last contract with the health authority was worth \$228,269 and ran from April 2015 to March 2016. That represented 90 per cent of the non-profit's total funding.

Vancouver Coastal confirmed to Metro that it's adding up to \$4 million to its \$50-million DTES budget. Expanded services include extended hours for the mental health and substance abuse drop-in centre and a new addiction-withdrawal management team.

But Finlay understands that ARA's fate is sealed.

"Nobody gave VCH a major budget increase. So the only way

they can start the new things is cut spending on other stuff," he said. "And although I don't like being one of the ones cut I do see that they had to make a tough decision."

The lack of overall funding stems from the public's misperception about mental health issues, said Dr. Michael Krausz, a UBC psychiatry professor and B.C. leadership chair in addiction research at Providence Health.

"I think that mental health needs to be taken as seriously as other medical conditions. If you compare the burden of disease compared to the amount of funding that goes into mental health, it's absolutely disproportionate," he said.

Finlay echoed Krausz's statement, saying the public "seriously underestimates" the cost of managing mental illness among vulnerable populations like those in the Downtown Eastside.

"If people could actually sit and watch the work that is being done here and see what it actually takes, I think they might understand better that this money is not being wasted,"



with icons by **Danielle Vallée** from the noun project

VANCOUVER TRENDING

KEEPING AFLOAT

Boat life lures romantics



Amy Logan
For Metro | Vancouver

Devine Lu Linvega and Rekka Bell run their sleek design studio Hundred Rabbits from a 33-foot sailboat.

They are a good example of just how creative and versatile today's live-aboard population is becoming. Currently moored in Vancouver, they are part of a new generation of boat dwellers lured by the lower cost of living and the freedom of the open sea.

The tech-savvy couple uses Patreon, an increasingly popular crowd-funding site in the boating community, which allows users to create videos of their adventures in exchange for monthly funding. The site is particularly well suited to adventurous seafarers who yearn to create and travel while living a minimalist lifestyle.

Vancouver's coastal location, job opportunities and amenities makes it particularly attractive to romantics and penny-pinchers alike, from students trying to save rent money to young creatives eager to escape the rat race.

Bell told me that the most satisfying parts of living on a boat are "the people we have met while moored in yacht clubs and anchored at bays, exchanging sailing stories and advice with new friends. Also, the sunsets."

The area has a rich his-

tory of live-aboards. West Coast legend Allan Farrell built and lived on more than 40 boats, sailing up and down the coast, and as far as Fiji and Hawaii, with his wife, Sharie, for almost 70 years.

"A boat offers some stability," Bell said, "and if you get tired of the scenery, you can lift anchor and go somewhere else."

A limited number of Vancouver and North Vancouver marinas offer the opportunity to live aboard albeit with long waitlists. Designer and instructor Sarah Hay lives aboard her boat at the Spruce Harbour Marina with her husband, two young boys and dog.

She and her husband met sailing and did a lot of racing together, "so boat life is something we are both passionate about," she said.

Finding the Vancouver housing market both uninspiring and overpriced, they talked to friends who lived in the marina and "everything fell into place." Besides being an ideal environment to raise children, Hay said, the best thing about living on a boat is "being able to untie the lines and go cruising with your entire home."

Bell concurred.

"We feel people want to live with less, to not feel weighed down by possessions and debt," she said. "Not everybody has the money to buy a place of their own. A boat is a creative solution to this problem."



Rekka Bell enjoys her morning coffee on the deck of her 33-foot sailboat home moored in the waters off Vancouver. COURTESY HUNDRED RABBITS

talk about **fresh solutions**

Grilled Eggplant Haloumi Burger



Prep Time: 10 minutes | Cook Time: 15 minutes | Makes 4 Servings

Ingredients

- 3 tbsp (45 mL) extra virgin olive oil, divided
- 2 onions, finely sliced
- ½ eggplant, cut into rounds
- 2-160g DoreMi haloumi cheese
- 1 tbsp (15 mL) brown sugar
- 2 jarred, roasted red peppers, chopped
- pinch chili flakes
- ½ tsp (3 mL) ground cumin
- 4 ciabatta buns, halved
- 4 tbsp (60 mL) Western Family Tzatziki Dip

Directions

1. Over medium heat, add 2 tbsp of oil to a medium skillet. Add in onions. Cook over a high heat for a few minutes, and then turn heat to low and cook until soft and golden, about 8 minutes.

2. Meanwhile, light a BBQ. Brush eggplant with olive oil and season with salt. Grill eggplant until lightly charred.

3. Slice haloumi in half crosswise, then again lengthwise to create 4 pieces per pack (8 total). Brush haloumi with olive oil and grill for about 2 minutes a side.

4. Add brown sugar, red peppers, chili flakes and cumin into the onions. Cook for 1 min until sugar has melted. While the relish is cooking spread rolls with tzatziki, laying 2 pieces haloumi and eggplant slices on top of each roll. Spoon the sticky, spicy relish over and serve.

Tip: Switch things up by topping your burger with your favourite veggies, like cucumbers, alfalfa sprouts and crunchy red peppers.

save on foods



Optik TV® 4K

Intensity is here.

Only Optik® 4K delivers four times the resolution of HD.
Experience the first 4K service in Western Canada today.
Learn more at telus.com/4Kdeal, call 310-MYTV or
visit a TELUS store.

Optik TV 4K + Internet 50

For \$60/mo. for 6 months
on a 2 year term.*

\$133 per month from months 7 to 24.



TELUS STORES

Abbotsford

Highstreet Shopping Centre
Sevenoaks Shopping Centre
2140 Sumas Way
32915 South Fraser Way

Aldergrove

26310 Fraser Hwy.

Burnaby

Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam

Coquitlam Centre
1071 Austin Ave.

Delta

Scottsdale Centre
1214 56th St.
4841 Delta St.

Langley

Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge

Haney Place Mall
22661 Lougheed Hwy.

Mission

Mission Smartcentre
32670 Lougheed Hwy.

New Westminster

Royal City Centre

North Vancouver

Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows

19800 Lougheed Hwy.

Port Coquitlam

Fremont Village
2020 Oxford Connector

Richmond

Aberdeen Shopping Centre
Lansdowne Centre
Richmond Centre
4380 No. 3 Rd.
11686 Steveston Hwy.

Surrey

Central City Shopping Centre
Cloverdale Crossing
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver

Oakridge Centre
Pacific Centre
220 East 1st Ave.
510 Georgia St. W
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver

Park Royal South

*Offer available until August 15, 2016, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Cannot be combined with other promotional offers. The Essentials or Life is required for all Optik TV subscriptions. Offer includes Optik TV You Pick 6 and Internet 50. 6 month promotional pricing is available to new customers signing up for TELUS TV on a 2 year service agreement, otherwise promotional pricing applies for 3 months. The monthly fee during the first 6 months and the monthly fee during months 7 to 24 will not increase during the 2 year term. Regular pricing (currently \$148 per month) applies at month 25. Cancellation fee will be \$10 per month multiplied by the number of months remaining in the term, plus applicable taxes. 4K television required to watch 4K. Optik 4K PVR and Internet 50 or above required to watch 4K on Optik. Minimum system requirements apply. Subscription to corresponding channels required, not available with all channels. Final eligibility for the services will be determined by a TELUS representative. For more information, visit telus.com/4k. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. Internet access is subject to usage limits; additional charges apply for exceeding the included data. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. All copyrights for images, artwork and trademarks are the property of their respective owners. All rights reserved. © 2016 TELUS.

VANCOUVERING



with icons by **Danielle Vallée** from the noun project



The beauty of Buntzen Lake can be accessed via public transit.
GRAEME MCRANOR/FOR METRO

Hiking the car-free way



Graeme McRanor
For Metro

I love going out of town to hike. But if you don't have a vehicle, getting to those scenic outliers can be a logistical challenge.

Thankfully, there are plenty of hikes — from easy to difficult — accessible via transit. And this week, I'm sharing a handful of them. Visit Translink.com to get the most direct route from your location.

Buntzen Lake Trail
Difficulty: Low | Distance: 8 km | Time: Approx. 3-4 hours

The parking lot/South Beach gets busy, but I've always liked this kid- and dog-friendly loop, which is relatively flat (110-metre elevation gain) and an excellent way to whittle away a sunny afternoon. Have lunch at North Beach on the far side of the lake, which is much quieter, or jump off the floating dock to cool off on a hot day. The trail makes for a great run, too. If you want to do a more-challenging hike, hit up Diez Vistas, which incorporates some of the Buntzen Lake loop. It's longer (15 km, 6-7 hours), has a nearly 500-metre elevation gain, and offers some spectacular views of Indian Arm.

Note: The C26 bus operates daily from Coquitlam Centre to Buntzen Lake. During week-ends and holidays in August, it goes all the way to parking area near South Beach. During the week, it turns around at the entrance gate, which is less than a two-km walk from the parking lot/South Beach.

Crown Mountain
Difficulty: High | Distance: About 10 km return | Time: Approx. 7 hours

A difficult hike that's relatively easy to access on public transit. You're going to Grouse Mountain in North Vancouver which, of course, also means you can access the Grouse Grind (or BCMC Trail, Baden Powell, Hanes Valley, etc). If you're feeling ambitious, you could attempt both, but I don't recommend it unless your fitness level is that of a triathlete or you're part mountain goat. And, of course, you'll have to pay to take the tram up to get to Crown (look for Alpine Trail signage). The elevation change (385 metres) doesn't seem like much, but you have to do it twice, since the hike takes you down into a pass before ascending back up Crown. It's a challenging hike but the views from the top — particularly on a clear, sunny day — are well worth it.

Note: Take the Seabus from Waterfront Station to Lonsdale Quay in North Vancouver and get on the 236 bus, which goes directly to Grouse Mountain. There's also a free shuttle that runs through the summer. It leaves from — and returns to — Canada Place. More info at GrouseMountain.com.

Pacific Spirit Regional Park
Difficulty: Easy | Distance: Variable | Time: Variable

This park is fairly close to where I live and I enjoy running through it. There's a network of trails, so choose a route that suits your time frame. Because it's located on Vancouver's west side, it's easily accessed via transit. Dogs are allowed on some trails and, of course, it's kid-friendly.



FOOD NOTES

NEW RESTO NIGHTINGALE REALLY SINGS



Erin Ireland
Metro | Vancouver

In early May, the grand double doors of Nightingale opened to reveal two storeys and 7,400 square feet of lavish library-

esque furniture, marble countertops and bird-themed decor. It's a stunner.

Nightingale's upscale version of the tomato salad is made with colourful ultra-sweet heirlooms from Chilliwack's Zaklan Heritage Farm. Served with baba ganoush, pistachio salsa verde and grilled olive oil focaccia, this is the kind of dish you'll want

all to yourself — order two for the table!

Then there's the oven-roasted cauliflower, which I'd have guessed was deep fried. Oozing with fragrant olive oils, a generous citrus drizzle and green harissa, this share plate's deliciousness speaks for itself.

Nightingale is open every day for lunch and dinner from 11 a.m. to midnight.

Borrow up to \$5,000 with an Installment Loan.



Pay off big purchases.
Piece by piece.



Repay your loan in up to 36 months*.



Turn many debts into one.

We can help.



*Installment loans offered in select provinces only. See moneymart.ca for details. Loan principal amounts vary between \$1000 and \$5000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loan term is based on the amount borrowed. Loans have terms of 12 to 36 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All Rights Reserved.

SUMMER SAVINGS!

2015 CROSSTREK TOURING



Fog lights, alloy wheels, height adjustable seat, cellphone connectivity, privacy cover, steering wheel mounted audio controls, split folding rear seats

\$197 B/W @ 5.37% OVER 84 MONTHS NOW ONLY **\$25,888**

2015 GMC ACADIA SLE2



A/C, Rear spoiler, tow package, moonroof, 7 passenger with walk through, heated front seats, power lift-gate, CD player, Auxiliary input, Back up camera

\$277 B/W @ 4.37% OVER 84 MONTHS NOW ONLY **\$36,995**

2011 KIA RIO5 EX



Power heated door mirrors, overhead console, and power windows, automatic, efficient 4 cylinder engine

\$96 B/W @ 6.97% OVER 78 MONTHS NOW ONLY **\$9,995**

2014 KIA FORTE 2.0L LX+



Automatic, power windows, power locks, alloy wheels, fog lights, remote keyless entry, heated front seats, Bluetooth, hatchback, sunroof, A/C

\$133 B/W @ 5.97% OVER 84 MONTHS NOW ONLY **\$15,995**

2014 FORD F-150 LARIAT



Alloy wheels, fog lights, running boards, touch screen infotainment system, back up sensors, genuine woodgrain interior accents, cellphone connectivity

\$291 B/W @ 4.37% OVER 84 MONTHS NOW ONLY **\$38,995**

2013 LAND ROVER LR2



Turbo charged engine, Leather seating, Sunroof, Heated front seats, ABS brakes, Fog lights, Heated power mirrors, Dual Automatic Climate control

\$248 B/W @ 4.37% OVER 84 MONTHS NOW ONLY **\$32,995**

2011 SUZUKI KIZASHI S



Power Windows, Power Locks, Steering Wheel Mounted Media Controls, Air Conditioning, Bluetooth, Auxiliary Outlet, and Premium Cloth Seating

\$133 B/W @ 5.97% OVER 78 MONTHS NOW ONLY **\$14,988**

2011 BMW 323i



2.5i i6 engine, AM/FM Stereo, Air Conditioning, Fog Lights, Power Windows, Traction Control, Cruise Control, Rear Air & Heat, Premium Audio, Auto On/Off Headlamps

\$165 B/W @ 5.97% OVER 78 MONTHS NOW ONLY **\$18,888**

2012 KIA SORENTO EX LUXURY



Fresh trade in! Automatic, Sync, Park aid, Leather, Heated seats, Bluetooth, Sunroof, Power windows, Wood trim, Power

\$141 B/W @ 5.97% OVER 78 MONTHS NOW ONLY **\$15,995**

2005 TOYOTA MATRIX



Remote trunk release, Power steering, Tilt-adjustable steering wheel, Air conditioning, split folding rear seats

\$8,998 CASH PRICE **\$7,995**

2013 FORD FIESTA SE



Nicely equipped with convenient features, very fuel efficient. Power sunroof, split folding rear seats, serviced, detailed & ready to go!

\$118 B/W @ 4.97% OVER 84 MONTHS NOW ONLY **\$14,488**

2005 INFINITI FX35



Fog lights, heated seats, tinted windows, cargo privacy cover, dual zone climate, A/C alloy wheels, leather interior, sunroof

\$10,995 NOW ONLY **\$8,995**

AUTO-DIRECT PARTS & SERVICE

Formerly Richmond Suzuki

FREE
SUMMER ROAD TRIP
SAFETY INSPECTION

* Present this coupon at time of purchase. Limit one per customer.
Can not be used with another coupon or promotion. EXP 08/31/2016

ALL MAKES
& MODELS

AND MORE GREAT DEALS AT WWW.WCAUTODIRECT.COM

AUTO-DIRECT

3771 NO.3 ROAD, RICHMOND, BC
(OPPOSITE YAOHAN CENTRE)

CALL US TODAY

1.855.582.3691

FOR YOUR QUICK APPROVAL!



Anna



Joseph Christopher



All prices are subject to documentation and tax. Payments include tax and \$895 documentation fees. Terms based on the above listed rates and over varied listed months.
All ICBC reports and Car Proofs available on request. DL#31151



Real estate sales in Greater Vancouver were down 18.3 per cent in July, compared to the same month last year. JONATHAN HAYWARD/THE CANADIAN PRESS

Real estate market cooling off: Group

HOUSING

But economist says sellers are still in charge



Matt Kieltyka
Metro | Vancouver

Vancouver's housing market is starting to cool off slightly, according to the British Columbia Real Estate Association.

The BCREA released its latest statistics on Thursday, noting that residential sales were down 18.3 per cent in July 2016 compared to the same month last year throughout the Metro Vancouver region.

Province-wide, residential sales were down 3.4 per cent. The association's chief econo-

mist, Cameron Muir, said residential sales have been on the decline since March as the market slowly recovers from record-high activity.

But that doesn't mean buyers are catching much of a break.

While sales volumes are down, prices continue to increase albeit at a rate closer to long-term averages, Muir said.

The average price of a residential sale increased 9.1 per cent in July over the same month last year.

Prices in Metro Vancouver are up 16.3 per cent in the same period.

While not the relief many in the region are hoping for, Cameron said the cooling market should translate to less pres-

sure on buyers, listings that stay on the market longer and increased supply.

"The good news for homebuyers is there is less demand in the marketplace, which should help restore inventory," he said. "But it's still a seller's market."

The July figures pre-date the provincial government's implementation of a 15 per cent tax on foreign home buyers.

Muir said it's too early to determine what effect the tax has had on the market, adding that observers — like some reluctant buyers right now — are taking a wait-and-see approach.

"We'll have a better sense of that when the August and September numbers are out," he said.

3.4%

Across B.C., residential sales were down 3.4 per cent.

We are currently hiring for HOUSEKEEPERS

required for working in a hospital and long term care environment

Start Date: ASAP.

Qualifications:

- Previous cleaning experience in healthcare an asset
- Physical ability to perform all aspects of the job, including requirements to lift up to 20 pounds
- Ability to follow written and verbal instructions

Please send cover letter and resume to Human Resources at: CompassATVCH-PHC@compass-canada.com

Only those selected for an interview will be contacted. We will consider your resume for additional opportunities.



WEST COAST AUTO GROUP

Just across the bridge in Maple Ridge



IMPORT SUPERSTORES



NISSAN REDLINE CLEAROUT

\$10,000 OFF SELECTIONS

0% FINANCE **84 MONTHS**

LEASE **\$39 AT 0.99%**

LEASE **\$58 AT 0.99%**

LEASE **\$85 AT 2.49%**

SENTRA **\$1,000**

ROGUE **\$4,000**

PATHFINDER **\$6,000**

WEST COAST NISSAN

19625 Lougheed Hwy., Pitt Meadows

1-855-299-8183

westcoastnissan.ca

MAZDA'S SUMMER ESCAPE EVENT

0% FINANCING and 84 MONTHS

OR UP TO \$4,000 IN REBATES

A COMPLIMENTARY TWO NIGHT STAY AT A BOUTIQUE HOTEL

2016 MAZDA3 G 6MT

2016 CX-5 GX FWD 6MT

2016 MAZDA CX-3 GX FWD

2016 MAZDA CX-9 GS FWD

Buy today for \$15,770

Buy today for \$22,495

Buy today for \$21,465

Buy today for \$37,320

WEST COAST MAZDA

20000 Lougheed Hwy, Pitt Meadows

1-866-334-2119

westcoastmazda.com

Discover The Value at West Coast Kia!

Ask us about our Owner Package:

- Free Lifetime Oil & Filter Changes
- Free Lifetime Carwashes
- Free Service Loaners
- Free Tire Repairs
- PLUS Our Exclusive West Coast Kia Advantage Card!

SUMMER OF SAVINGS SALES EVENT

2017 FORTE SEDAN **0% FINANCE**

NO CHARGE

5% DISCOUNT

\$7,777

OR

0% FINANCE

\$4,500

\$52

0.9%

WEST COAST KIA

19950 Lougheed Hwy, Pitt Meadows

1-866-304-1140

westcoastkia.ca

TOYOTA 2016 FACTORY EVENT

PLUS Earn Aeroplan Miles

aeroplan

2016 TOYOTA COROLLA

2016 TOYOTA HIGHLANDER

\$17,610

\$35,440

\$78

\$195

2016 TOYOTA CAMRY LE

2016 TOYOTA RAV4

\$26,360

\$27,125

\$108

\$132

WEST COAST TOYOTA

19950 Lougheed Hwy, Pitt Meadows

1-888-287-0910

westcoasttoyota.com

F-35 jets make Canadian debut

AIRCRAFT

U.S. air force pilot 'confident' stealth fighters combat ready

The new-age fighter jet once poised to replace Canada's aging CF-18 fleet, but whose ballooning price tag and controversial selection process threw its purchase into doubt, has made its inaugural visit to Canada.

A pair of F-35 stealth fighters roared into British Columbia on Thursday in preparation for the annual Abbotsford International Airshow.

The next-generation aircraft, whose development has been marred with delays and cost overruns, has been the source of ongoing angst in Ottawa as Prime Minister Justin Trudeau's government grapples with finding a replacement for the country's long-outdated fighter jets.

Trudeau told the House of Commons in June that the F-35 "does not work and is far from working," two months before

a surprise announcement last week that the aircraft is ready for combat.

Lt.-Col. George Watkins, a pilot with the U.S. air force's 34th Fighter Squadron, flew one of two operational planes to B.C. from Hill Air Force Base in Utah. Speaking on the tarmac in front of one of the aircraft, he described flying the F-35 as "awesome."

"I'm very confident in the combat declaration that we made, combat ready," Watkins said.

"Being a combat commander in a fighter squadron, I personally wouldn't go to war with any other jet beside the F-35 right now. The stealth technology and the advanced radar and the threat detection system makes me more capable so I can strike first and it makes it so that my pilots are more survivable in war time."

The federal Liberal government promised during last year's election campaign that it would hold an open competition to replace Canada's aging CF-18 fleet, but it also pledged not to buy the F-35.

THE CANADIAN PRESS



Lt.-Col. Curtis Pitts, of the U.S. Air Force 419th Fighter Wing, removes his helmet while sitting in an F-35A fighter aircraft after landing at Abbotsford International Airport for the Abbotsford International Airshow. DARRYL DYCK/THE CANADIAN PRESS

HOMETOWN DEALS.CA

2 MEDIUM SIZE LOADED PIZZAS
40% OFF!
 (ACTUAL VALUE \$31.90)

PAY ONLY \$18.95

Coupon by **Shandiz Restaurant** • 604-291-7272
 4520 E Hastings St, Burnaby • Toppings restricted!

Simply cut coupon out and visit merchant!
 For more daily coupons go to www.hometowndeals.ca
New advertisers, sign up for free!

IF YOU PAY RETAIL, YOU PAY TOO MUCH.

www.hometowndeals.ca • 1.855.895.0911

IN BRIEF

Woman hospitalized after alleged assault

A 28-year-old woman was taken to hospital Thursday morning following an alleged assault outside a nightclub on the Granville strip. The victim was taken to hospital with critical injuries and she remains there in grave condition, police said. **JEFF HODSON/METRO**

Translink launches free WiFi for SeaBus passengers
 SeaBus passengers will now have access to free WiFi during their trip across the

Burrard Inlet, according to Translink. The transit provider is partnering with Shaw Communications to offer free WiFi to passengers via the ShawGuest network. **WANYEE LI/METRO**

CBSA intercepts fentanyl
 Authorities say they seized a parcel containing enough fentanyl to produce 400 doses at a mail sorting facility in Vancouver recently. Canada Border Services Agency and RCMP announced Thursday that a 21-year-old Winnipeg man is

facing drug-related charges in connection to a package that was intercepted July 25. **MATT KIELTYKA/METRO**

Woman shares three-way tie in epic horse race

A lawyer from B.C. has won a punishing horse race that takes place over several days in Mongolia.

Heidi Telstad, a corporate lawyer, shared the three-way tie with Will Comiskey from Australia and Marcia Hefker-Miles from the United States.

JEN ST. DENIS/METRO

WHISTLER BLACKCOMB

SAVE UP TO 40% OFF LODGING
 Stay Longer, Save More!

PEAK 2 PEAK SIGHTSEEING PACKAGE
 Lift & lodging from \$95[†] per person, per night

CRANKWORX
 The summer's biggest downhill bike event.
 Rooms from \$157^{††}/night

whistlerblackcomb.com / 1-888-611-5611 / PEAK 2 PEAK

*Advertised savings percentage is based on a minimum 4 night stay. Offer available at participating properties and is based on 2 people, valid until October 31, 2016. †Starting from is an average package rate per person per night based on 2 adults sharing a studio, from August 1-31, 2016. Package includes 2 nights accommodations and a PEAK 2 PEAK Experience Day Ticket per person. Taxes and fees are extra, and other restrictions may apply. Offer available at participating properties only and is subject to change without notice. Package must be booked at least 5 days in advance. Other packages available for dates throughout the summer season, please inquire for details. ††Starting from is an average nightly rate, based on 2 adults sharing a One Bedroom, valid August 8-23, 2016. Offer is subject to availability at time of booking and may change without notice. Taxes and fees are extra. Minimum night stays, weekends rates and/or other restrictions may apply.

Your summer adventure starts here.

ENDLESS SUMMER SALE ON NOW

Summer is still in full swing but these deals are fleeting! Save big this weekend.

MEN'S

UP TO
60% OFF

CLEARANCE
SHORTS, KNIT TOPS
and SPORT SHIRTS
Includes T-shirts and polo-style
knit tops at \$19.99 or less

Prices as ticketed.

UP TO
60% OFF

CLEARANCE
SWIMWEAR
by SPEEDO, CALVIN KLEIN, POINT ZERO,
NIKE, TRUNKS, SURF + SWIM
and JACK & JONES

Prices as ticketed.

WOMEN'S

CLEARANCE
KNIT TOPS
\$14.99
AND UP

Original reg. up to \$50

CLEARANCE
SANDALS
\$19.99
AND UP

Last ticketed up to \$59.99

Plus, save an
extra **50% off**
women's clearance
sandals.

Last ticketed \$60 and up
See below for details.

50% OFF ALL CLEARANCE
HANDBAGS

Off our original prices.
In our handbag department.

CLEARANCE
SHORTS
\$19.99
AND UP

Original reg. up to \$65

CLEARANCE
DRESSES
\$39.99
AND UP

Original reg. up to \$120
In our dress department.



THIS WEEKEND:
Friday, August 12
to Sunday, August 14



RECEIVE A \$20 SAVINGS CARD

With any purchase of \$75 or more before taxes
when you use your Hudson's Bay MasterCard®
or Hudson's Bay Credit Card. See below for details.



HUDSON'S BAY

Savings for all offers are off our regular prices, unless otherwise specified. Exclusions may apply. See in store for details. Sale ends Thursday, August 18, 2016. **HUDSON'S BAY SAVINGS CARD OFFER:** While quantities last. Redeemable on your next purchase of \$100 or more before taxes from August 12 to August 25, 2016. Excludes Hudson's Bay Outlet, cosmetics, fragrances and Deal of the Day. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for complete listing. No price adjustments on purchases prior to August 12, 2016. Hudson's Bay, Hudson's Bay Credit, Hudson's Bay Rewards, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated.



Terrorism suspect Aaron Driver was killed in a confrontation with police in Strathroy, Ont.

JOHN WOODS/THE CANADIAN PRESS

Showdown cast in doubt

TERRORISM

Questions remain over peace bond, intelligence

An intense nationwide "race against the clock" after a tip from the FBI about a would-be terrorist led the RCMP to fatally confront Aaron Driver on a quiet street in Strathroy, Ont.

When it was all over, the terror suspect had detonated an explosive he was carrying, wounding a cab driver before being shot by a police sharpshooter. His target is still unknown.

Senior RCMP brass told the chilling tale Thursday at an Ottawa news conference. But so many questions remain.

Was this a successful security operation hailed by Prime Minister Justin Trudeau that, as RCMP deputy commissioner

Mike Cabana said, prevented the loss of many more lives?

Or was it a failure of court orders and of Canadian security agencies who had to rely on the Americans for intelligence?

One of the dominant questions: how did a man under a restrictive court order obtain bomb-making materials and communicate a threatening video?

The FBI "came into possession" of a two-minute video by a masked, unknown assailant, said Cabana. The Americans transmitted the video and a photo to the Canadians around 8:30 a.m. Wednesday.

"Oh Canada, you received many warnings," said the balaclava-clad figure in the video. "You were told many times what will become of those who fight against the Islamic State.... You

saw bodies of the filthy French laying in their own streets."

The RCMP's analysts and CSIS scanned massive amounts of data against the video and the whereabouts of terror sympathizers on Canadian watch lists. By 11 a.m. the RCMP-led integrated security team thought it had a match: Aaron Daniel Driver.

Driver was already under a judge-ordered peace bond with strict conditions meant to limit his movements, travel and communications.

Amarath Amarasingam, a prominent researcher on Islamic extremists in Canada, speculated that it's possible the peace bond, in cutting him off from his new-found online community of like-minded extremists, actually served to further alienate and destabilize him. TORSTAR NEWS SERVICE

"We thirst for your blood."

Aaron Driver, in a video Mounties received from FBI

Timeline of a thwarted plot

A timeline in the case of Aaron Driver, suspected of planning terrorist activities who was killed in a confrontation with RCMP:

1 Feb. 2: Driver's lawyer and the Crown agree to a peace bond. The bond acknowledges there are "reasonable grounds to fear that he may participate, contribute directly or indirectly in the activ-

ity of a terrorist group." Driver takes up residence in Strathroy.

2 8:30 a.m., Wednesday: RCMP receive a tip from the FBI, which found a martyrdom video made by someone "clearly in the final stages of planning an attack using homemade explosive devices." The attack was supposed to take place imminently, target-

ing an urban centre during rush hour. RCMP identify Driver as the suspect several hours later.

3 4 p.m., Wednesday: RCMP say Driver is seen getting into a cab at a home in Strathroy. Police swarmed the vehicle. They say Driver detonates a device in the cab. Driver dies during the altercation. THE CANADIAN PRESS



M3000

30" Wall Mount Chimney

Factory Rebate

\$100

Promotion valid through

July 1 to Aug 31, 2016

For full details please refer to

Our authorized dealers

Or our website

Restriction may apply

*European Style
Affordable
Luxury*



Vancouver	Burnaby	Surrey	Richmond
Coast Wholesale 604-321-6644 International P&E 604-688-1628 Midland Appliances 604-608-0600 Trail Appliances 604-434-8711	Forum Appliances 604-432-1682 Home Hardware 604-630-7722 Boas Construction 778-379-2627 Coquitlam / Langley Trail Appliances 604-461-1598 Trail Appliances 604-534-7461 Coast Wholesale 604-540-2665	Ben's Maytag 604-581-4307 Budget Appliances 604-585-0666 Forum Appliances 604-930-9883 Trail Appliances 604-590-3377 Coast Wholesale 604-530-1155	Budget Appliances 604-271-0666 Forum Appliances 604-279-1218 Fukunoya 604-231-8001 Midland Appliances 604-278-6131 Sweet Home 604-273-0883 Trail Appliances 604-278-6133

Oshawa International Ent. Inc. www.oshawa-bc.com

GET PRE-APPROVED NOW!

SIMPLE AND SECURE APPLICATIONS

Specializing in:

- New to the Country • No Credit •
- Good Credit • Bad Credit •
- Bankruptcies • Repossessions •
- Divorce • Judgements •



Robin
Call

778-929-1607



CALL TODAY FOR FREE CREDIT CONSULTATION

NO PAYMENTS FOR 6 MONTHS OAC

\$0 DOWN PAYMENT

FREE OIL CHANGES FOR LIFE WITH PURCHASE

Offer valid until August 15, 2016.

DRIVE AWAY TODAY!



Keep your cool with our Summer Readiness Check.

Take advantage of our Summer Readiness Check. Our technicians will conduct a multi-point inspection to ensure your vehicle is ready for long hot drives – and that your passengers stay cool. You'll receive a comprehensive report from your Service Advisor.

SUMMER READINESS CHECK

\$99.95

Offer ends August 31, 2016.

Taxes not included.

Does not include parts and labour on repairs.

Call 1-855-586-4491 or book online at mybenzsummer.ca

Mercedes-Benz

The best or nothing.



Mercedes-Benz Vancouver Retail Group

1-855-586-4491 | mbvancouver.ca

Mercedes-Benz Vancouver
550 Terminal Avenue, Vancouver

Mercedes-Benz Boundary
3550 Lougheed Highway, Vancouver

Mercedes-Benz North Vancouver
1375 Marine Drive, North Vancouver

Mercedes-Benz Richmond
13466 Verdon Place, Richmond

Trump entertains notion he could lose

U.S. ELECTION

Republican nominee takes a more humble approach

Straying from his trademark bravado, Donald Trump acknowledged Thursday that his presidential campaign is facing challenges and could ultimately fall short — a rare expression of humility by the Republican presidential nominee.

Trump's most explicit concession came as he pleaded for support at a gathering of evangelical ministers, where Trump observed he was "having a tremendous problem in Utah."

The same day, the billionaire celebrity acknowledged that his lack of political correctness could cost him the election if Americans reject his blunt approach.



I meant (Obama is) the founder of ISIS. I do.
Donald Trump

"We're having a problem," Trump told the ministers, adding that the next president could get to nominate up to five high court justices. "It could cost us the Supreme Court."

After trouncing 16 challengers in the Republican primary, Trump is encountering worrying signs as his campaign moves into the general election. Democrat Hillary Clinton's lead over Trump in national polls has widened in recent days, while a number of fellow Re-

publicans have declared they won't support their own party's presidential nominee.

Trump's self-awareness was a marked departure from his usual tenor on the campaign trail.

On Thursday, Trump cited a poll that actually showed him a few points behind Clinton and arguing the race between them was close. Asked by CNBC how he planned to reverse the advantage that Clinton has, Trump said he simply planned

to do "the same thing I'm doing right now."

"At the end, it's either going to work, or I'm going to, you know, I'm going to have a very, very nice, long vacation," Trump said.

Earlier this week Trump caused a major stir with comments about the Second Amendment that were perceived as advocating violence against Clinton, and found himself facing questions yet again after declaring Wednesday that President Barack Obama was the "founder" of Daesh — a claim that's patently false.

He brushed off conservative radio commentator Hugh Hewitt's attempt to reframe Trump's observation as one that said Obama's foreign policy created the conditions in Iraq and Syria that allowed Daesh to thrive.

"No, I meant he's the founder of ISIS. I do," Trump said, using another acronym for the extremist group. THE ASSOCIATED PRESS



A Greenland shark NATIONAL GEOGRAPHIC/GETTY IMAGES

SCIENCE

Greenland shark is now oldest vertebrate

In the cold waters of the Arctic, a denizen of the deep lurked for centuries. Now scientists calculate that this female Greenland shark was the Earth's oldest living animal with a backbone.

They estimated that the grey shark, part of the species named after Greenland, was born in the icy waters roughly 400 years ago, and died only recently. That conclusion puts the entire species at the top of the longevity list.

Using a novel dating technique, an international team of biologists and physicists estimated the age of 28 dead female Greenland sharks based on tissue in their eyes. Eight of the

sharks were probably 200 years or older and two likely date back more than three centuries, according to a study published Thursday in the journal *Science*.

Until now, that record holder was a bowhead.

The oldest of the Greenland sharks examined was nearly 16.5 feet long (5 metres) and estimated to be 392 years old when it was caught around four years ago. But that calculation comes with a huge margin of error — plus or minus 120 years — due to the newness of the dating technique, said Nielsen, a marine biologist at the University of Copenhagen.

THE ASSOCIATED PRESS

Beach House
TANNING & SWIMWEAR

Tanning is not just for special occasions...

Summer Special
Buy any tanning package and lotion... & Get Double the minutes!

763 Sixth Street, New Westminster, BC
604.525.4444 • www.beachhousetanning.ca

Crews pacify wildfires raging across France

Firefighters in southern France brought in reinforcements from across the country on Thursday to help smother the last flames and douse dry brush after wind-whipped wildfires devastated thousands of acres and destroyed homes but spared Marseille, the nation's second-largest city.

There was no letup in the high southern winds, known as the Mistral, raising the risk of new bursts of flames after the worst

blaze in recent years was contained.

Meanwhile, a fire broke out Thursday in the Pyrenees-Orientales region, southwest of Marseille.

Multiple fires started up on Wednesday, west and north of Marseille, and President Francois Hollande said some were of criminal origin. "We will find those who started them," he said but did not elaborate.

A man behaving suspiciously in Vitrolles, one of the towns most ravaged by flames, was detained for questioning, according to French media.

French Interior Minister Bernard Cazeneuve said four people were seriously injured — a resident of the Marseille region and three firemen who battled a blaze on Wednesday in the nearby Hérault region.

THE ASSOCIATED PRESS

SYRIA

Russian bombers strike Daesh-held city of Raqqa

The Russian military sent long-range bombers to strike a series of Daesh targets in the group's de facto capital of Raqqa on Thursday — a fresh round of airstrikes that came amid Turkish calls for greater co-operation with Moscow. The offer by Turkey's foreign minister followed a meeting between national leaders earlier this week in which they agreed to mend ties.

THE ASSOCIATED PRESS

100% EMPLOYMENT

GET A JOB IN THE AUTOBODY REPAIRER & PAINTER TRADE OR YOUR FULL TUITION WILL BE REFUNDED*

*Some conditions apply.

AUTOBODY REPAIR & REFINISHING TECHNICIAN

Automotive TRAINING CENTRES

604.635.2230 | LOVECARS.CA

PCTA ACCREDITED

BRITISH COLUMBIA EQUA

SEARCH IT
FIND IT
TASTE IT
TRY IT
MAKE IT
SAMPLE IT
SPICE IT
SLURP IT
SAVOUR IT
DEVOUR IT
DEBIT

Now use debit abroad.

Introducing Debit MasterCard®.
Discover it at mastercard.ca/debit

BMO



DECODED by Genna Buck and Andrés Plana

HORRIBLE, HORRIBLE HEATSTROKE

It's hot out there in many parts of Canada. And when the mercury passes 30 and keeps on going, and high humidity prevents sweat from drying, there's a risk the body's system for keeping itself cool will be overwhelmed. The result can be life-threatening **hyperthermia** (a.k.a. heat stroke), especially among the elderly, unwell and people who for some reason have to be outside. Here's how it works.

YOUR BRAIN
It's believed the body produces a flood of inflammatory proteins called **cytokines** during heat stress. These increase pressure and decrease blood flow in the brain. **Confusion, seizures and even coma** may be seen.

YOUR KIDNEYS
Muscle tissue can break down due to heat shock, especially if you're exerting yourself a lot. The stress of trying to process the products of that breakdown is one reason kidneys may get overwhelmed during heatstroke, leading to the risk of **renal failure**.

YOUR SKIN
Sweating may stop. Skin appears dry, red and flushed.

YOUR HEART
The **heart pounds hard and fast** in an attempt to send blood to muscles and skin to dissipate heat. If electrolytes are depleted, as can happen during dehydration, the heart won't be able to do this.

YOUR GUT
Nausea and vomiting are well-known symptoms of heatstroke. Just as dangerous: because blood is diverted to muscles and skin, there can be drastically reduced blood flow and inflammation in the intestines.

DANGER ZONE
Heat Exhaustion is common and not fun. Symptoms include sweating, feeling faint and dizzy, nausea and vomiting and a racing heart. It's treated with rest, fluids with electrolytes, and, of course, cooling the person down. Untreated, it can lead to heatstroke.
Heat Stroke can set in at body temperatures of 40 C (104 F) and above. It's a medical emergency that requires immediate attention — call 911!
DID YOU KNOW?
In the next 30 years, the number of extremely hot days is expected to at least double in many parts of Canada.

SOURCES INCLUDE: N ENGL J MED, VOL. 346, NO. 25

NEWS

Your week in science



HENDRIK GOLTZIUS/WIKIMEDIA COMMONS

GRUESOME GREECE

A dig on Mount Lykaion — the legendary birthplace of Zeus — has turned up the skeleton of an unlucky 3,000-year-old teenager. Researchers believe the boy may have been a human sacrifice because of the way he was buried. Ancient writers like Plato describe such rituals. Legends say people who ate the flesh of such hapless chaps would become a wolf for nine years.

GALACTIC TAN

According to a new study in *Astrophysical Journal*, ten-trillionths of the light that hits you when you're sunbathing on the beach comes from distant stars other than our sun.

SOUND SMART



DEFINITION

Homeostasis is the fairly constant internal state (such as a constant body temperature) your body works to maintain despite changing outside factors. Sweating during hot weather helps cool you off and maintain **homeostasis**.

USE IT IN A SENTENCE

I'm worried about Dorothy messing up her **homeostasis** and getting heat exhaustion from so much time in the hot tub. Her sweat isn't drying and cooling her off.

PHILOSOPHER CAT by Jason Logan

SCIENCE IS NOTHING MORE THAN THE REFINEMENT OF EVERYDAY THINKING.



Philosopher cat now at www.mymetrostore.ca

CITIZEN SCIENTIST by Genna Buck

How not to be taken in by the tooth fairy

It's been a tiring week for the skeptical and science-minded.

Thanks to swimmer Michael Phelps, everyone is talking about cupping — an alternative medical practice supported by nary a shred of evidence.

Yet there are some published papers that say cupping works. They're pretty much all junk. But even with a trained eye, junk science can be hard to differentiate from the real thing. Nevertheless, I have a few junk-spotting tricks to share. Here's a partial list.

First: Does a claim (i.e. "cup-

ping effectively treats pain") appear in a scientific paper (and not just a quote)? If so, does the publication have a good reputation? Look at its **impact factor**, the average citations per paper. The higher the factor, the more trusted the journal. Sometimes I search the title or publisher alongside "predatory journal" to rule out scientific mischief.

Second: Look at methods. A paper should never try to prove something works, but rather present evidence showing it works better than a placebo or

standard therapy. Look for the words **double-blind randomized control trial**.

People studying and trying things like cupping are usually already convinced — intensifying the **placebo effect**. There's no way to blind a study like this: If you're being cupped, you know it.

Third: Sniff test. Even with good methods, a study can be junk. You can measure whether leaving a tooth under a pillow on a weekday generates more tooth fairy money than a weekend and get good data. But you

haven't learned anything about the tooth fairy. The **mechanism** is not probable. That's at work in many studies of quack remedies.

Fourth: If I'm stumped I phone a friend: a relevant, trusted scientist who was not part of the research. I ask them to walk me through the paper and evaluate it. Look for media articles that do this for you. If you can, make some science friends of your own. There's nothing better.

Science Question?
Tweet @genna_buck



fido 

GET MORE DATA, GET MORE FREEDOM.

GET
1GB
DATA BONUS
on select plans.¹



Samsung
Galaxy S5 Neo



Samsung
Galaxy S6



Samsung
Galaxy S7

Get the latest
Samsung phones
from \$0 on select
2-year plans.²

Visit a Fido store today.

Offers end September 19th, 2016, subject to change without notice. 1. Available with all 1GB, 2 GB and 3GB in-market advertised plans. 2. Samsung G55 Neo at \$0 with a 2-year Plus15 plan. Samsung G57 at \$300 or at \$100 with eligible phone trade-in and G56 at \$0, each with a 2-year Plus30 plan. Early cancellation fees apply. Taxes extra. ©2016 Fido



Not for family consumption: Raunchy animated tale *Sausage Party* features Brenda the hot dog bun (Kristen Wiig), her boyfriend Frank (Seth Rogen), and other foods.

CONTRIBUTED

For those who like dirty 'toons

SAUSAGE PARTY

Food porn you won't see on the Food Network

Richard Crouse

For Metro Canada



Hot on the heels of family-friendly cartoons like *Zootopia*, *The Secret Life of Pets* and *Finding Dory* comes an animated movie that definitely isn't for the whole family... unless it's the Manson Family.

The high concept of Seth Ro-

gen's NSFW *Sausage Party* was, I think, best summed up by twitter user @ByChrisSmith who wrote, "So that *Sausage Party* trailer... Toy Story for food with swears?"

It's the kind of food porn you won't see on the Food Network. "We started to think 'What if food had feelings?' said Rogen after a sneak preview at the South By Southwest Film Festival. "That really is what inspired the whole idea."

The story begins at a supermarket called Shopwell's. Frank the Sausage (voice of Rogen), his hot dog bun girlfriend Brenda (Kristen Wiig) and all the other foods — including Mr. Grits (Craig Robinson), a tomato (Paul



MOVIE RATINGS by Richard Crouse

Sausage Party
Pete's Dragon
Florence Foster Jenkins
The Infiltrator
Equity

★★★
★★★★
★★★★
★★
★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Rudd) and Teresa the Taco (Salma Hayek) — live in hope that one day a customer will choose them. When they find out what happens after the customer takes them home, however, they fight to avoid their fate.

R-rated and raunchy, Rogen says he showed an early cut to Borat star Sacha Baron Cohen.

"*Sausage Party* appalled him in some ways," said Rogen, adding that Cohen, cinema's Prince of Provocation, called it "the craziest thing I've ever seen in my life."

Someone who might not have been surprised by *Sausage Party* is Ralph Bakshi, a legendary animator who once said, "You know

it's working if you're making movies you don't want your mother to see."

Bakshi began his career working for Terrytoons, home to cartoon characters like Heckle and Jeckle and Mighty Mouse but left TV to make first animated film to receive an X-rating from the MPAA. Loosely based on a character created by cartoonist Robert Crumb, who later disavowed the film, 1972's *Fritz the Cat* is a trippy counterculture flick about a streetwise feline who smokes dope and has run-ins with the Hell's Angels and the Black Panthers. Extremely controversial — New York Times critic Vincent Canby wrote, "(There's

something to offend just about everyone" — it became the first independent animated film to gross more than \$100 million at the box office.

More adult animation came with the R-rated *Heavy Metal*. An anthology made up of eight stories bound together by an intergalactic traveller described as the sum of all evil.

Both *Fritz the Cat* and *Heavy Metal* were successful enough to spawn sequels that tried, and failed, to recapture the success of the originals.

When asked if there might be a sequel to *Sausage Party*, Rogen said, "That would be dope. All we do are franchises now."

Check out the most recent performance from the Newsroom Concert Series

Mill St.
BREWERY

Visit thestar.com/entertainment/music/newsroom-concert-series

Voted the Best New Yogourt* in Canada! Try it for yourself.



*According to results of the 2016 BrandSpark Best New Product Awards survey conducted by BrandSpark International. For more information visit www.BestNewProducts.ca.

\$2.00 off



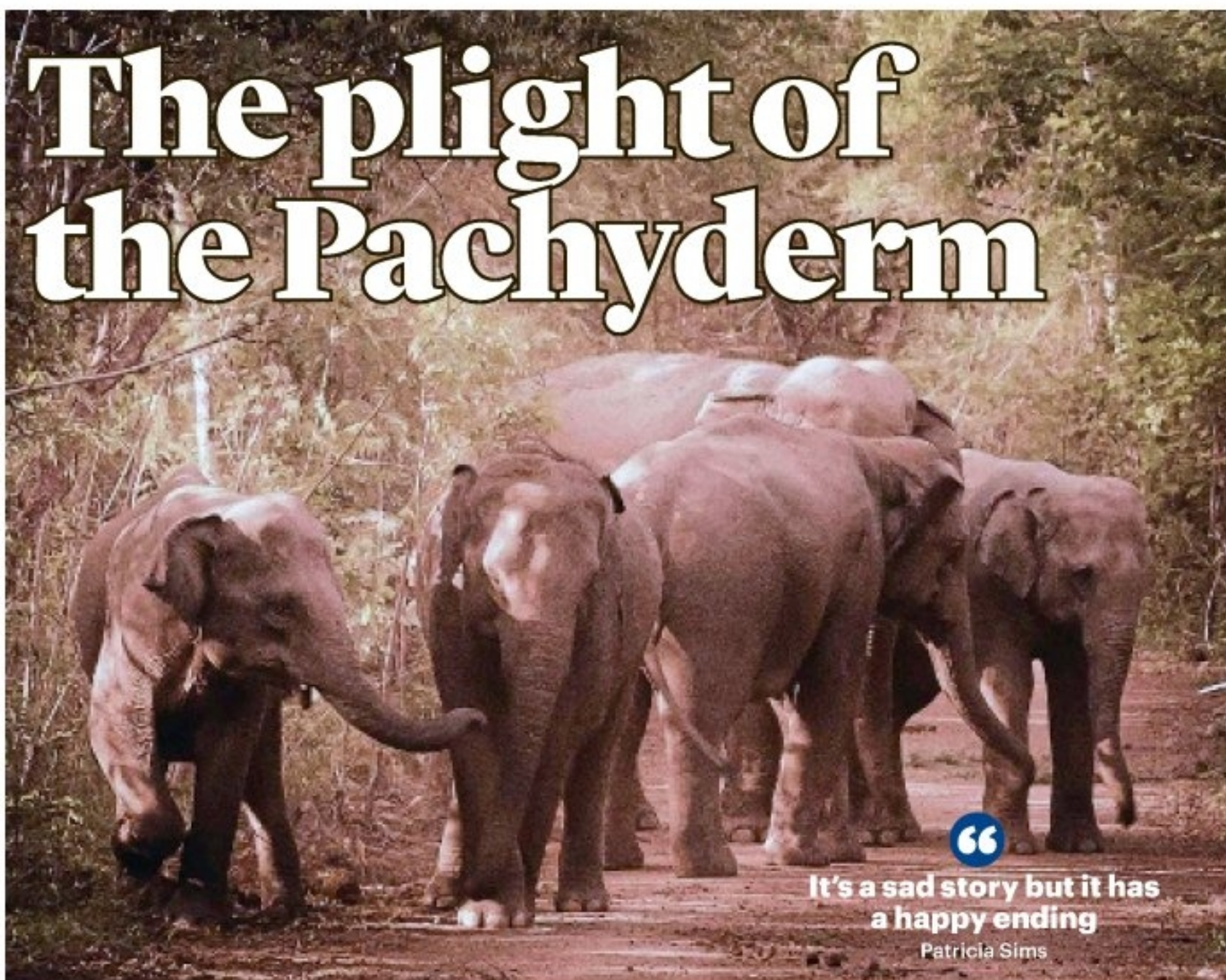
Astro
ATHENTIKOS
GREEK YOGOURT



on any Astro Athentikos (500g or 4x100g) EXPIRY DATE: December 31, 2016.

TO THE DEALER: Parmalat Canada will reimburse the face value of the coupon, plus our regular handling fee, provided you accept it from your customer according to the terms of this coupon offer. Redemption on any other basis may constitute fraud. No facsimiles or mechanical reproductions. Failure to provide, on request, evidence that sufficient stock was purchased in the previous 90 days to cover coupons presented, will void coupons. Coupons submitted become our property. Reimbursement will be made only to the retailer who redeems the coupons. GST/QST/HST included in the coupon value, where applicable. For redemption mail to Parmalat Canada, P.O. Box 3000, Saint John, NB E2L 4L3. All trademarks are owned or used under license by Parmalat Canada, Toronto, ON M9C 5J1. © Parmalat Canada, 2016. All rights reserved. Cannot be combined with any other coupon or promotional offer. Limit one coupon per purchase. EXPIRY DATE: December 31, 2016.

The plight of the Pachyderm



INTERVIEW

New doc looks at the issues threatening elephants

Steve Gow
For Metro Canada



It seems like most causes have their own special commemorative day, but Patricia Sims believed so passionately that elephants deserved their own anniversary she created one.

“I guess I’ve always had a thing for big, interesting, smart animals,” laughed the Canadian filmmaker and co-founder of World Elephant Day.

“When I started to learn about all the elephant issues, I felt we needed to consolidate all of that under one umbrella on one day to put everybody’s focus towards this reality for elephants (and) ultimately, what it means for us.”

Celebrating its fifth year on Friday, Sims is marking the anniversary with the debut of her emotional documentary film *When Elephants Were Young* — a look at the issues threatening the endangered mammals and, in particular, the bond between a compliant pachyderm and its proprietor in Thailand — espe-

cially when the mammoth servant gets released back into a wild sanctuary.

“It’s a sad story but it has a happy ending,” insisted Sims of the film’s persuasive presentation of the plight of Asian elephants, said by some to be extinct within 30 years due mainly to loss of habitation. “Not every elephant can go back to the wild obviously (but) at this rate, there just won’t be any space for them to live and to exist.”

Sims hopes her William Shatner-narrated documentary will be as powerful at building awareness and action as World Elephant Day has been since its introduction half a decade ago.

In that short span of time, the day of observance has forged partnerships with 100 conservation organizations and continues to enlighten an ever-increasing number of individuals around the world to the many issues accelerating the depletion of the extraordinarily intelligent elephant.

“Elephants are actually more like humans than any other animal in terms of their social and emotional behaviours,” said Sims, adding that her film further highlights that connection between simple citizens and the gentle giants.

“I think people have become more aware that if we lose elephants, we’re going to be next — there’s so many similarities.”

JOIN THE MOVEMENT



12 women for the 2017 calendar
50 women for the reality series.
CANADIAN WOMEN ONLY!

ARE YOU?

Over the age of 19?
Size 8+
A Canadian citizen?
Proud of your curvy figure?

WE WANT YOU!

APPLY TODAY!

You don't need experience, but you definitely need to be comfortable with your skin, and be proud of your beautiful curvy body.



VANCOUVER - OCT 7TH, 8TH, 9TH BEST WESTERN PLUS CHATEAU GRANVILLE HOTEL & SUITES
1100 Granville Street, Vancouver

www.curvycanadadiva.com f curvalicious canada @ccurvalicious curvalicious_canada

VENDORS AND SPONSORSHIP AVAILABLE



**Do you have a disability?
Have a hobby that you want
to turn into a business?**

**Get the right knowledge, tools and resources
to start your own business with the
Self-Employment Program**

For more information, contact us at:

VANCOUVER WESTSIDE
300 - 2150 W Broadway
Tel 604.688.4666

VANCOUVER SOUTH
7575 Cambie Street
Tel 604.263.5005

WorkBC Employment
Services Centre
Centre de services à l'emploi

YWCA
METRO VANCOUVER

Canada

BRITISH COLUMBIA

Services disponibles en français

ywcajobseeker.org



**BECOME AN OPTICIAN
...in only 6 months!**

Optical Dispensing is a high-growth industry with good pay and job security. **Or, even start your own business!!**

'Morning Classes' begin Sept. 19th, 2016

'Afternoon Classes' begin Oct. 11th, 2016

BC COLLEGE OF OPTICS

#208 - 10070 King George Blvd. Surrey BC

604.581.0101 • www.bccollegeofoptics.ca

**"THE BEST ANIMATED MOVIE
OF THE YEAR!"**

Scott Mantz, Access Hollywood

"AN UNFORGETTABLE ADVENTURE"

Pete Hammond, Deadline

KUBO

AND THE TWO STRINGS



IN THEATRES AUGUST 19

WINE LOVERS GUIDE

Farm-to-glass wine making

When it comes to wine, the grapes are the star of the show.

Where and how they're grown is incredibly important in the wine-making process, says Tom Gore, the grape farmer behind Tom Gore Vineyards.

"A friend of mine who's a winemaker said to me, 'I've made a lot of great wine out of great grapes. I've messed up some wine from great grapes. But I've never made great wine out of bad grapes,'" says Gore. "If you want to make great wine, you need beautiful grapes."

Tom Gore wines are a taste of California's north and central coasts, where Tom Gore cultivates most of his wine grapes — a year-round process for Gore and his hard-working team.

"The more care and attention you give your grapes, the better your wine will be," says Gore.

That care and attention involves careful planning, but the real fun of grape growing is its curve balls, says Gore.

"You can have this beautiful plan in place, then something changes and you have to change," he says. "There's an art to predicting what kind of a grape you're going to produce, and shaping the conditions to make that happen, but you also have to react to whatever mother nature gives you."

If a rainstorm comes, the team may have to prune the vines to open up the canopy and give the plants more light and air.

Around this time of year, when the grapes are close to the end of the season and nearly ready to pick, they're also at their most vulnerable, with a high sugar content, softness and moisture, Gore explains.

Many more factors of climate, soil and weather conditions go into creating the perfect grape, and Gore and his team balance them every day.

"I thrive on the new challenges every day on the farm," says Gore. "We all have a lot of variables in our lives. These are just mine."

How to enjoy the perfect glass of wine

The best way to enjoy a glass of wine is with the people you care about, says grape farmer Tom Gore.

"One of my favourite things about wine is how it connects people," Gore says. "It just brings people together. I would say the easiest way my wife and I like to enjoy wine is when we're having a barbecue or grill-out at our house."

Gore and his wife often host friends at their home in Alexander Valley, serving Tom Gore wines with fresh produce from their garden.

Farm, food and family are intertwined for Gore. He grew up on a grape farm with his mother and father, who moved to Alexander Valley in the early '70s.

"When my dad came out of college he was offered two jobs. One was



CONTRIBUTED

farm, food and family are intertwined for Gore. He grew up on a grape farm with his mother and father, who moved to Alexander Valley in the early '70s.

"When my dad came out of college he was offered two jobs. One was

"You work a lot when

you farm — sometimes six days a week. It's important to take a day to enjoy with the people you care about," he says. "Often on that Saturday or Sunday off we relax, get some friends together and have a barbecue."

For more information, visit tomgorevineyards.com.



CONTRIBUTED

Wine made from the California sun

The best wine comes with a sense of place. The location and climate where a wine grape is grown deeply affect the wine's quality and flavour.

Tom Gore wines are an opportunity for Vancouverites to taste the flavours of California's north and central coasts.

"Alexander Valley (where our Reserve Field Blend is sourced from) is ideally suited for wine grapes," says Gore. "We live in a warm region where we get a lot of sunshine and I want it to taste like that sunshine."

Even on the hottest day of the year, the region experiences hot days and cool nights. That diurnal shift is one of the keys to growing high-end wine grapes, a climate

that many of the premium growing regions around the world share, Gore explains.

"Our weather really follows the marine layer and the fog pattern, so it gets warm, warm, warm, and then it's hot for a couple of days. Then the fog socks in and it starts cooling off. And that switches every 10 or 12 days."

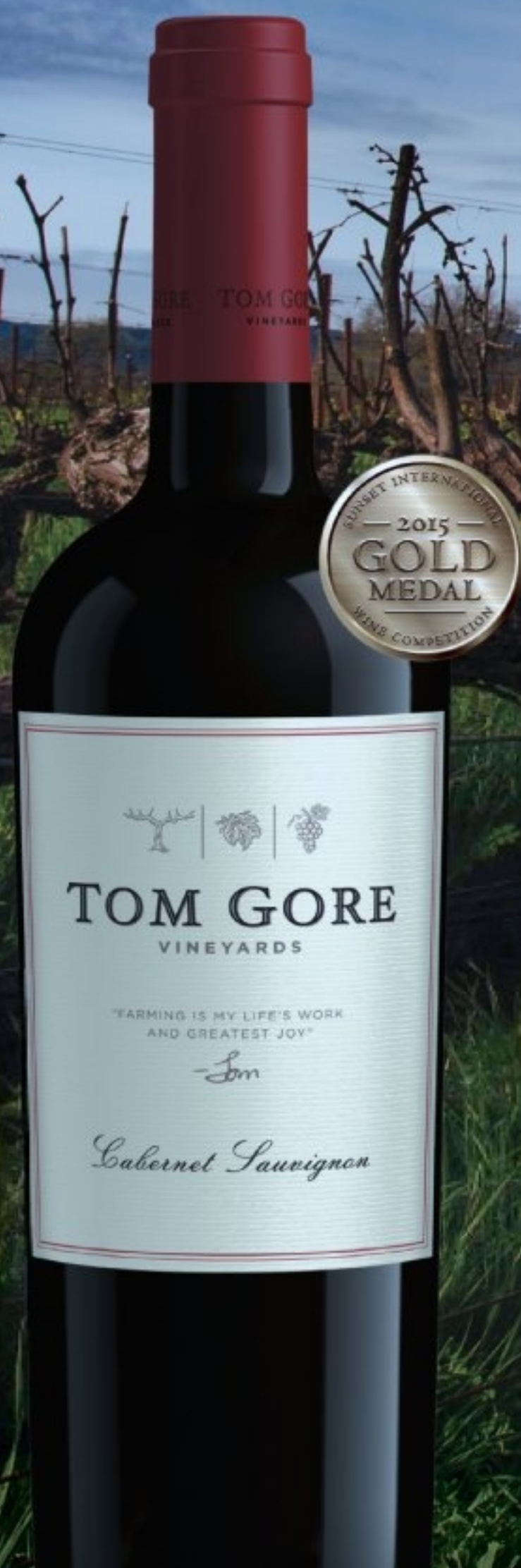
The warm days allow for sugar to accumulate in the grapes, whereas the cool nights help them maintain a high level of acid. In this climate, the grapes ripen more slowly than they might otherwise, allowing for the flavour to mature.

Vancouverites can find Tom Gore Cabernet Sauvignon in liquor stores now, and soon, the company's Chardonnay too.



CONTRIBUTED

**GOOD WINE DOESN'T
START IN THE BARREL.
IT STARTS IN THE DIRT.**



Please enjoy our wines responsibly.

THE WORK OF A FARMER

“The care we take growing the grapes really begins the journey of the wine. Tom Gore Vineyards allows me to share my expertise as a farmer with wine enthusiasts, showing how the work in the field shapes the wine’s character in the glass.”

- Tom Gore, Farmer

**Available at ALL PARTICIPATING
LIQUOR RETAIL STORES IN BC**

The perfect group getaway: B.C. wine tours

B.C.'s wine tours are perfect for sharing with friends and colleagues, according to Brandon Moscrip, marketing manager of Canadian Craft Tours.

"Every time we take a group on a B.C. wine tour, it's a special experience — great for corporate groups, bachelor or bachelorette parties and birthdays," says Moscrip. "It's a chance to bring your friends or family together to taste world-class wines, all against the setting of beautiful British Columbia."

One of the company's most popular wine tours explores the wineries of the Cowichan Valley.

The round-trip tours depart from Victoria and Nanaimo, respectively, taking guests through the Vancouver Island wine route to exclusive tastings and a barbecue lunch — free for those who book online.

Local wineries you'll get to enjoy in the Victoria and Cowichan Valley region include Enrico, Blue Grouse and Unsworth.

Canadian Craft Tours also just opened



CONTRIBUTED

booking for customized day tours to wineries in the Okanagan region as well as the Fraser Valley.

"If you're on a tour, you don't need to worry about driving or planning meals. Just enjoy the experience," says Moscrip.

Canadian Craft Tours offers public and private wine tours. Book online or call 778-320-3409. If you're booking for a group of six or more, get 25 per cent off by booking online with the promo code "kelowna25" for the Kelowna tour, or "Metro25" for all Vancouver Island tours.

Taste B.C.'s sun-drenched Okanagan

Wine from B.C.'s Naramata Bench region is considered some of the best in the province, whether you're on a wine tour or opening a bottle at home.

One of the original five wineries on the Naramata Bench, Poplar Grove was founded in 1993.

"The Naramata Bench is a special place in B.C. for our family and our visitors," says Tony Holler, owner and president of Poplar Grove winery. "Our wines capture the spirit of the region."

Barbara Holler, owner and operator of the Hollers' estate vineyards, works with her four sons to ensure that only the best grapes make it into a bottle of Poplar Grove.

To make the visitor experience at the winery even better, in 2011 the family



CONTRIBUTED

moved Poplar Grove from its original location to a newly built, state-of-the-art winery and tasting room, with vistas of the valley lakes.

Guests can also enjoy the estate's accompanying restaurant, the Vanilla Pod, which pairs

Poplar Grove's wines with fresh, seasonal dishes.

Stay for a tasting, then take the winery home with you by joining the Poplar Grove Wine Club. Members receive six bottles of wine three times a year, plus other perks.

It's a way to ensure your access to limited-release bottles that sell out fast.

"The wine club is a way for us to share our more exclusive wines with Poplar Grove fans," says Holler. "They can taste the Okanagan year-round."

Victoria to Cowichan Valley • Nanaimo to Cowichan Valley • Vancouver to Fraser Valley



BC BREWERY, DISTILLERY & WINE TOURS

Visit award winning wineries such as Enrico and Unsworth wineries

For Bookings:

778.320.3409

Andrew@canadiancrafttours.ca

▼ Use Discount code ▼
METRO20
for **20% off** BC Wine tours

Visit us online at canadiancrafttours.ca

AN OPEN INVITATION

POPLAR GROVE WINE CLUB

ACCESS TO
LIBRARY WINES
DISCOUNTS ON
WINE PURCHASES

OUR AWARD
WINNING
SYRAH 2013
IS NOW
AVAILABLE



WWW.POPLARGROVE.CA/JOINCLUB

Touring Taiwan on two wheels

ADVENTURE

Stunning rides for every ability level

Mark Stachiew
For Metro Canada

Taiwan might be famous for making cheap electronics, but it also happens to be home to Giant, the world's largest bicycle company. It exports millions of bicycles to every corner of the world each year, but also supplies a thriving local market in a land that is in love with the two-wheel ride.

Thus, visitors to Taiwan can easily explore the country on bike by riding a sprawling network of dedicated paths that caters to cyclists of all abilities. Numerous local operators offer tours that include bike rentals and support vans as well as restaurant and accommodation options that allow tourists to go at their own pace.

Here are some popular cycling itineraries, rated by difficulty, for people interested in discovering this green and pleasant sub-tropical island:

Easy

Take a U-bike in Taipei. Taiwan's capital has an extensive



From taking in tourist sites to taking on Taroko Gorge, Taiwan has a great bike ride for nearly everyone. ALL PHOTOS MARK STACHIEW/FOR METRO

bicycle-sharing network that is a breeze to use. Ride out to Taipei 101 for the best views of the city from the top of an architectural marvel that was for a brief time the tallest building in the world. Check out the changing of the guard ceremony at the magnificent Chiang Kai-shek Memorial Hall, or simply meander to any corner of the city that catches your fancy. Unlike some Asian cities, Taipei's traffic is surprisingly civilized and riding a bike there doesn't feel like a death wish.

Ride around Sun Moon Lake. Taiwan's largest lake is one of its most scenic. Sacred to the Thao tribe, one of Taiwan's indigenous peoples, the lake has long been a popular resort area for Taiwanese. Cyclists can discover the lake's beauty with a 30-kilometre circumnavigation that brings them past magnificent temples and lush forests filled with monkeys, birds and noisy insects.

Medium

Follow the coastal route. Taiwan's Coastal Mountain Range plunges steeply toward the sea. The green sides of the mountains are covered with dense, tropical foliage and their tops are shrouded in low clouds. Cyclists along this route stick close to the water's edge that is lined with craggy rocks and grey sand. It is part of Cycling Route #1, a path that circles the entire island of Taiwan and is a popular goal for Taiwanese cyclists that can be completed



in about two weeks.

Discover the Huatang Valley

This inland route lies in a valley between two mountain ranges. Most of the ride is flat, but there are some long, gradual hills that can be tiring over long distances, but riders are rewarded when they go downhill. Much of the route rides past a quilted landscape of rice paddies. They are beautifully green most of the year and turn to gold come harvest time.

Difficult

Challenge the King of the Mountain. Every October, cyclists from around the world compete in Taiwan's most challenging cycling event, the King of the Mountain. Cyclists ride a stunningly scenic 105-kilometre route of switchbacks and hairpin curves that take them from sea level to 3,275 metres, high in the thin air of the mountains of the country's beautiful Taroko National Park.

HISTORICAL TRIP THE JAILED-WITCH PROJECT

Archeologists have unearthed a witch prison beneath the Church of St. Nicholas, one of the largest and most prestigious burgh churches in Scotland. The discovery offers a gruesome glimpse into the city of Aberdeen's unsettling past over 600 years ago. **MICHAEL ROBINSON/FOR TORSTAR NEWS SERVICE**



1 Alleged love spell

Isobel Strathanchyn was accused of casting a marriage spell by telling a woman named Elspet Mutray to hang a cloth containing a bent penny and wax around her neck, "and when she saw the man she loved . . . stroke her face thereafter, and she so doing should attain to the marriage of the man whom she loved the best, and the said Elspet, understanding that the said direction to her was plain witchcraft and devilry, she cast the cloth in the fire."



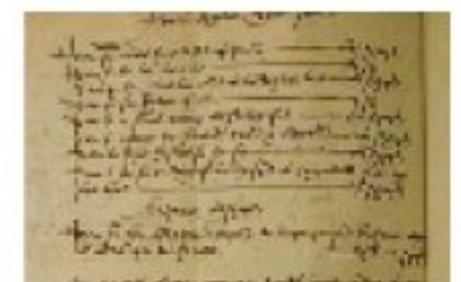
2 Wallsofbone

During the church's major excavation the remains of over 2,000 people have been found. Archeologists also uncovered bone fragments and skulls tucked away within the stone walls of an earlier church underneath the existing building.



3 Thering

Protruding from a wall on the church's grounds is the most conspicuous proof of the former prison's existence: An iron ring. Aberdeen's records reference such a ring, which researchers say was installed for the sole purpose of shackling witches.



4 Cityrecords

According to records in the City of Aberdeen Archives, several items were purchased to carry out Isobel Strathanchyn's execution. Treasurer's accounts list four tar barrels, a stake, 36 feet of tow (rope), and 26 "loads" of peat or fuel.

Rio gold medals are plated with just six grams of the expensive stuff, the rest — 494 grams — is 92.5 per cent purity silver



1 Queen of gymnastics — U.S. gymnast Simone Biles won gold in the women's individual all-around. Teammate Aly Raisman and Russia's Aliya Mustafina followed. Ellie Black of Halifax placed fifth, the best showing by a Canadian ever in the individual all-around.

THOMAS COEX/AFP/GETTY IMAGES



2 Playing for third — Vernon, B.C.'s Vasek Pospisil and his partner Daniel Nestor, of Toronto, will play for a bronze medal in tennis. The Canadians lost to Spain's Rafael Nadal and Marc Lopez 7-6 (7), 7-6 (6) in the semifinals of the men's doubles.

RYAN REMIOWZ/THE CANADIAN PRESS

3 Midas touch — American Michael Phelps won the men's 200-metre individual medley to collect his 22nd career Olympic gold medal and fourth of the Games.

RICHARD HEATHCOTE/GETTY IMAGES



Penny Oleksiak reacts after tying for the gold medal in Thursday night's women's 100-metre freestyle in Rio de Janeiro, Brazil.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Penny strikes it rich with glorious gold

RIO 2016

Teenager adds fourth medal with stunning tied triumph

Teen swimming sensation Penny Oleksiak tied for gold in the women's 100-metre free-

style on Thursday at the Rio Olympics.

The 16-year-old Toronto native finished in an Olympic record time of 52.70 seconds with American Simone Manuel. Sarah Sjöström of Sweden captured bronze in 52.99 seconds.

The gold was won in the final quarter of the 100-metre sprint. Oleksiak pushed to a furious finish to touch the wall at the same time as Manuel.

Oleksiak, now the young-

est ever Summer Games gold medalist for Canada, looked up in disbelief as her time and position flashed on the scoreboard in Rio.

The teenager becomes the first Canadian swimmer to win four medals in a single Summer Games. She had previously won two relay bronze medals and a silver in the 100-metre butterfly.

"Honestly, I don't think anything's changed other than

having so much support from Canadians," Oleksiak told CBC in a post-race interview about how her life has turned upside down since the Olympics began. "I'm just looking forward to going home and seeing everyone."

It was the first time a Canadian woman competed in the 100-metre freestyle since Marion Lay finished fourth in Mexico City in 1968.

THE CANADIAN PRESS

RIO in brief

Police vehicle sprayed with bullets, officer hit

Pervasive violence is an everyday part of Rio, and a police officer was hospitalized after getting shot in the head when he and two others got lost near a slum.

The officers from Brazil's national security force who were sent to Rio for the Olympics relied on a GPS device to navigate unfamiliar streets Wednesday afternoon, but they took a wrong turn off a highway leading to Rio's international airport. Their truck was sprayed with bullets, and officer Helio Vieira was shot.

THE ASSOCIATED PRESS

Venus still in the hunt for her fifth gold medal

Venus Williams' Rio Olympics is still going — just barely.

Upset in the first round in singles and doubles while battling a virus, the four-time gold medalist was a late entrant into mixed doubles. She and American teammate Rajeev Ram faced two match points Thursday and saved both in rallying from a set down for a 6-7 (4), 7-6 (3), 10-8 tiebreak win over Kiki Bertens and Jean-Julien Rojer of the Netherlands.

The U.S. duo moves on to Friday's quarter-finals.

THE ASSOCIATED PRESS

GOLF

DeLaet off to a strong start on the links

Canada's defence of its 112-year-old Olympic golf title is off to a strong start.

Graham DeLaet of Weyburn, Sask., fired four birdies over his first eight holes en route to a 5-under-par 66 and the clubhouse lead on Thursday until Australia's Marcus Fraser closed his round a short time later with a blistering 63. It was the first round of golf played at the Olympics since Canadian George S. Lyon won gold at the 1904 St. Louis Games.

Lyon played so long ago that

he was born in Richmond, Canada West, the British colony that became Ontario after Confederation in 1867.

"It's pretty cool," DeLaet said. "First time in over 100 years and we're leading the charge here at the Olympics."

Henrik Stenson of Sweden also opened with a 66, and five players, including Germany's

Alex Cejka, were right behind them at 67. David Hearn of Brantford, Ont., opened with a 2-over-par 73.

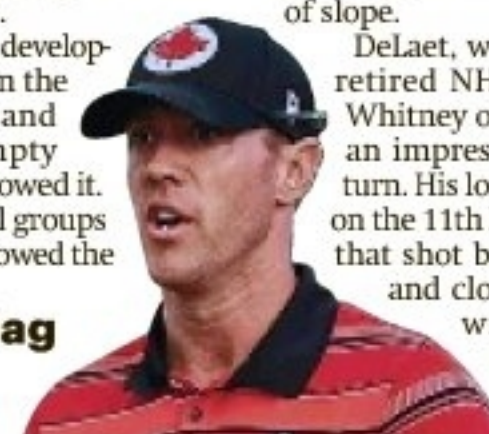
Golf is in the developmental stages in the host country and the rather empty grandstands showed it. There were still groups of fans who followed the

golfers around the 7,128-yard course, which has wide fairways, deep bunkers and plenty of slope.

DeLaet, with friend and retired NHL player Ray Whitney on his bag, was an impressive 31 at the turn. His lone bogey came on the 11th hole but he got that shot back on No. 13 and closed his round with another birdie.

THE CANADIAN PRESS

“You’re playing for the flag and it’s a pretty cool feeling.” Graham DeLaet



In the thick of it ... but ice is getting thin for Caps

MLS

Robinson eyes a playoff push, starting with Quakes victory

The finish line is in sight but the Vancouver Whitecaps have some hills to climb to claim a spot in Major League Soccer's playoffs.

The Whitecaps hope to gain some ground in the race for the post-season when they play the San Jose Earthquakes on Friday night at BC Place Stadium.

With 10 games remaining, the Whitecaps (8-10-6) enter the weekend seventh in the Western Conference with 30 points. They trail the Portland Timbers by two points for the sixth and final playoff spot in the West. The Earthquakes (6-6-10), who are 0-5-6 on the road this season, are eighth in the West, just two points behind the Whitecaps, and also hope to move up the ladder. Four points separate Vancouver from fifth place Kansas City.

"We knew it was going to be tight all along, even from the first game of the season," Vancouver head coach Carl Robinson said this week. "We are in a position at the moment not where we would like to be, but we have to deal with it."

"It's probably a fair position



Andrew Jacobson, right, says the Whitecaps are keen to rack up points fast. THE ASSOCIATED PRESS

on how we performed in the first 24 games. It's a challenge for us. It's a great challenge to look forward to. There's no point of being afraid."

Over the last three years it has taken 50 or 51 points to claim a playoff spot. In that scenario, Vancouver needs 20 points in their final matches. Midfielder Andrew Jacobson agreed that's a tall order, but

not impossible.

"We're in the thick of it," he said. "We have 10 games left."

"What we are going to do is go out and try and collect as many points as possible."

Back in May the Whitecaps were feeling good about themselves after putting together a three-game win streak. In the 11 games since, Vancouver has managed just two victories and

collected nine points in total.

"I don't panic," said Robinson. "I think we need to be better. I have said that across the board for the first 20-odd games of the season."

"We have to deal with it. My job as a coach is to fill them with confidence. There is no point taking a step back and getting scared. We have to meet this challenge head on. You learn about yourself and you learn about your team."

There are times this season Robinson must have felt like the captain of a ship taking on

water. The Whitecaps are having trouble at both ends of the field. The team hasn't scored a goal in three MLS matches, all on the road. Vancouver has also allowed two goals in each of five of the last seven games.

Mistakes by individuals and inconsistent play has cost Vancouver points.

"You tend to fix one leak and another leak pops up," said Robinson. "It is what it is. Welcome to football."

"We've made individual errors at the wrong times. The front part of the team needs to step up and create and score goals. The back part of the team needs to concentrate and cut out the individual errors."

The Earthquakes, who have played two less games than Vancouver, are riding a season-high, four-game unbeaten streak (1-0-3). They are also 0-1-3 in their last four road games.

August also seems to agree with goalkeeper David Bingham. Dating back to last season he is 4-1-2 with six shutouts in August. San Jose coach Dominic Kinnear said his team needs to put together some wins to climb up the table.

"Ties are good, but we've got to do better than good right now," he said after San Jose's 0-0 draw with New York City FC. "We've got to get some wins. To win games we need to start scoring some goals."

THE CANADIAN PRESS

IN BRIEF

A-Rod helps Yanks battle back ahead of his farewell

Alex Rodriguez drove in a run with a bases-loaded dribbler, capping a three-run rally in the eighth inning that lifted the New York Yankees over the Red Sox 4-2 Thursday night and sent the booed designated hitter out of Boston with one last victory.

Rodriguez is set to play his final game for the Yankees on Friday night at home against Tampa Bay. The 41-year-old will then be released and become an adviser and instructor for the club.

THE ASSOCIATED PRESS

Coach Roy walks away from Avalanche job

Patrick Roy is leaving the Colorado Avalanche.

The club's head coach and vice-president of hockey operations announced his decision to resign in a lengthy statement on Thursday that suggested discord with the organization. Roy's vision for the club, he said, needed to be "perfectly aligned with that of the organization," adding that he must have "say in the decisions that impact the team's performance."

"These conditions are not currently met," Roy concluded.

THE ASSOCIATED PRESS



Patrick Roy
GETTY IMAGES

**FIFA WORLD CUP
RUSSIA 2018
QUALIFIERS**

**CANADA
v EL SALVADOR**

ES

**TUESDAY
SEPTEMBER 6**

BE THE 12TH MAN!
SECURE YOUR SEATS
CANADASOCCER.COM/TICKETS

Garoppolo gets to grips with new job



Jimmy Garoppolo drops back to throw on Thursday night in Foxborough, Mass. JIM ROGASH/GETTY IMAGES

NFL

Brady's backup finds his feet against Saints

Jimmy Garoppolo made his pre-season debut, spreading the ball around for 168 yards, and Jamie Collins added a 43-yard interception return for a touchdown as the New England Patriots beat the New Orleans Saints 34-22 on Thursday night.

Garoppolo played the entire first half as he preps to start the first four games of the regular season in place of Tom Brady, who will be serving a suspension for his involvement in the "Deflategate" case. Brady was not in the building Thursday, excused by the team to attend memorial services for a family member.

Saints running back Mark Ingram had an early fumble,

PRE-SEASON

34 PATRIOTS **22** SAINTS

but also had two one-yard touchdown runs in an extended night that saw him play most of the first half. Second-year quarterback Garrett Grayson threw an early interception, but completed a few long passes to finish 10-for-16 for 133 yards.

Defensive end Kasim Edehali had two first-quarter sacks. After a slow start, Garoppolo completed several long passes and finished 11 of 18. He converted a fourth-down run.

Trey Flowers added a 17-yard fumble recovery for a touchdown in the fourth quarter, scooping up the loose ball created by his sack of Luke McCown. THE ASSOCIATED PRESS

EPL

Ranieri adopting an alien approach

Leicester manager Claudio Ranieri believes it will be "impossible" for his team to retain the English Premier League title, saying Thursday it's more likely that "ET comes to Piccadilly Circus."

The team from central England produced one of the greatest-ever underdog stories in sports by winning the league, at pre-season odds of 5,000-1.

Speaking ahead of the first game of Leicester's title defence, Ranieri said the Brit-



Claudio Ranieri
GETTY IMAGES

ish bookmakers' odds on his team this season should be "6,000-1."

"It's more difficult than last season — it's easier that ET comes to Piccadilly Circus," the Italian coach said. "Of course, the big teams are ready to fight for the title, we are ready to defend our title, but we know it is a difficult gap." THE ASSOCIATED PRESS

IN BRIEF

Pochettino not panicking

Tottenham manager Mauricio Pochettino says the heavy off-season spending by some of his team's rivals for the Premier League title is a sign of desperation. "When you spend a lot of money, it's because you are worried about your squad," he said. "I'm very happy with my players. I'm very quiet and relaxed." THE ASSOCIATED PRESS

Swans smash transfer mark

Swansea has become the latest Premier League club to break its transfer record this off-season, signing striker Borja Baston from Atletico Madrid for \$20 million. The 23-year-old Baston, who has been capped by Spain at youth level, is the second Spanish striker to join Swansea this week after Fernando Llorente. THE ASSOCIATED PRESS

metro

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

iMARKETING

CALL CENTRE SALES AGENTS NEEDED

NOW HIRING

EXPERIENCED SALES STAFF

- Earn up to \$700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
- Flexi schedule for top performers
- Paid every Friday
- Close to SkyTrain Station
- Advancement opportunities
- Full time and Part time available
- Seniors and Students welcome

FLUENT ENGLISH IS A MUST!

Contact Chris Flores at 1-800-210-8579 ext 383 or (604) 681-5779 (Option 2)
Email: christian.flores@imkcp.com

HEALTH AND WELLNESS

ASTROLOGY & PSYCHIC CENTER PANDITH: SHIVA SHANKAR

PALM READING • FACE READING • HOROSCOPE
CALL ME TO GET PERMANENT SOLUTION FOR:
BLACK MAGIC, EVIL SPIRITS, JADOO, VOODOO, DBEYAH, TONA, EYE POWER, CURSE, JEALOUSY, SICKNESS, HEALTH, LOVE, MARRIAGE, BUSINESS, FAMILY PROBLEM, LOTTERY, JOB, MONEY, EDUCATION, VISA, COURT, PROMOTION, SEXUAL, ETC.

NOBODY CAN BREAK MY WORK
SPECIALIZED IN BRINGING LOVED ONES BACK
ALL RELIGIONS WELCOME! 100% GUARANTEE

ONCE YOU MEET THIS PANDIT, YOU WILL HAVE SUCCESS IN YOUR LIFE 100%
604.761.1439 11899 84 AVENUE DELTA BC

OM SHIVA KALI ASTROLOGY CENTER

PANDIT: GANESH SHASTRI

EXPERT IN FACE READING & PATRA READING
MASTER BRINGS BACK LOVED ONES
SUGGESTIONS & SOLUTIONS

Business • Enemy • Health • Work • Sexual • Marriage • Money
Drinking • Job • Love • Visa • Divorce • Court Case • Jealousy
Lucky Number • Depression • Children • Husband-Wife

REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.374.8677 Main Street, Vancouver

ESHWAR ASTROLOGY CENTRE INDIA'S MOST POWERFUL SPIRITUAL HEALER NOW IN SURREY

If You Are Having Problems? He Has The Best Solution!!

EXPLORE THE FUTURE, DISCOVER YOUR DESTINY, GET ACCURATE ANSWERS AND KNOW THE TRUTH!
We will tell your past, present and future with Astrology, Hand reading and Photo reading

SUGGESTIONS & SOLUTIONS BY ESHWAR
• Business problems • Love problems • Money problems
• Childless couple • Family issues • Bring love back
• Marriage problem • Spirits troubles • All negativity removed

9 TIMES MORE EXPERIENCED THAN OTHER ASTROLOGERS

Call for appointment: **604.760.3342** • Surrey BC

ASTROLOGER & PSYCHIC READER

PALM READER & FORTUNE TELLER
Pandit: Ram Chandrari

Expert in Palm and Face Reading, Horoscope, Numerology & Vastu Shastra
I CAN TELL YOUR PAST, PRESENT & FUTURE
Marriage • Husband-Wife Problems • Job • Relationship • Kids Problems
Business • Spiritual Evil Effects • Enemy • Court • Property • Family etc.

SPECIALIST IN: BRINGING LOVED ONES BACK

REMOVES BLACK MAGIC, JADOO, VOODOO, BUTTU, WITCH CRAFT & GIVES 100% PROTECTION

604-512-1345 Open 7 Days a Week
84 AVE. & 122 STREET, SURREY BC V3W 3S8
6049 FRASER STREET, VANCOUVER BC V5W 2Z8

SPIRITUALIST & PSYCHIC

Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM

IF YOU ARE DISAPPOINTED OTHER FROM OTHER
PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL,
SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE

REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 NEAR SUPERSTORE, DELTA

FINANCIAL

\$750 Loan and more

No credit
check

Open 7 days from 8 to 8 (EST)

1-855-527-4368



credit700.ca

Call us or apply online

www.credit700.ca

We are seeking 2 SALES REPRESENTATIVES

to promote ADT Security Systems. We offer 4 to 6 generate leads per day from our Telemarketing team. \$70 000 to \$120 000/year. Must own a car and free to work in Vancouver and outskirts. Full training included.

To apply send resume to mario@securassure.ca

RECIPE Blueberry Sweet Potato Waffles



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup sweet potato puree
- 1/4 cup fresh blueberries

Directions

1. Preheat your waffle iron.
2. In a large mixing bowl, whisk flour, baking powder, salt and allspice. Stir in 2/3 cup milk, eggs, oil and maple syrup. Mix in sweet potato and then fold in the blueberries.
3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

Ready in 30 minutes
Prep time: 10 minutes
Makes 4 large waffles

Ingredients

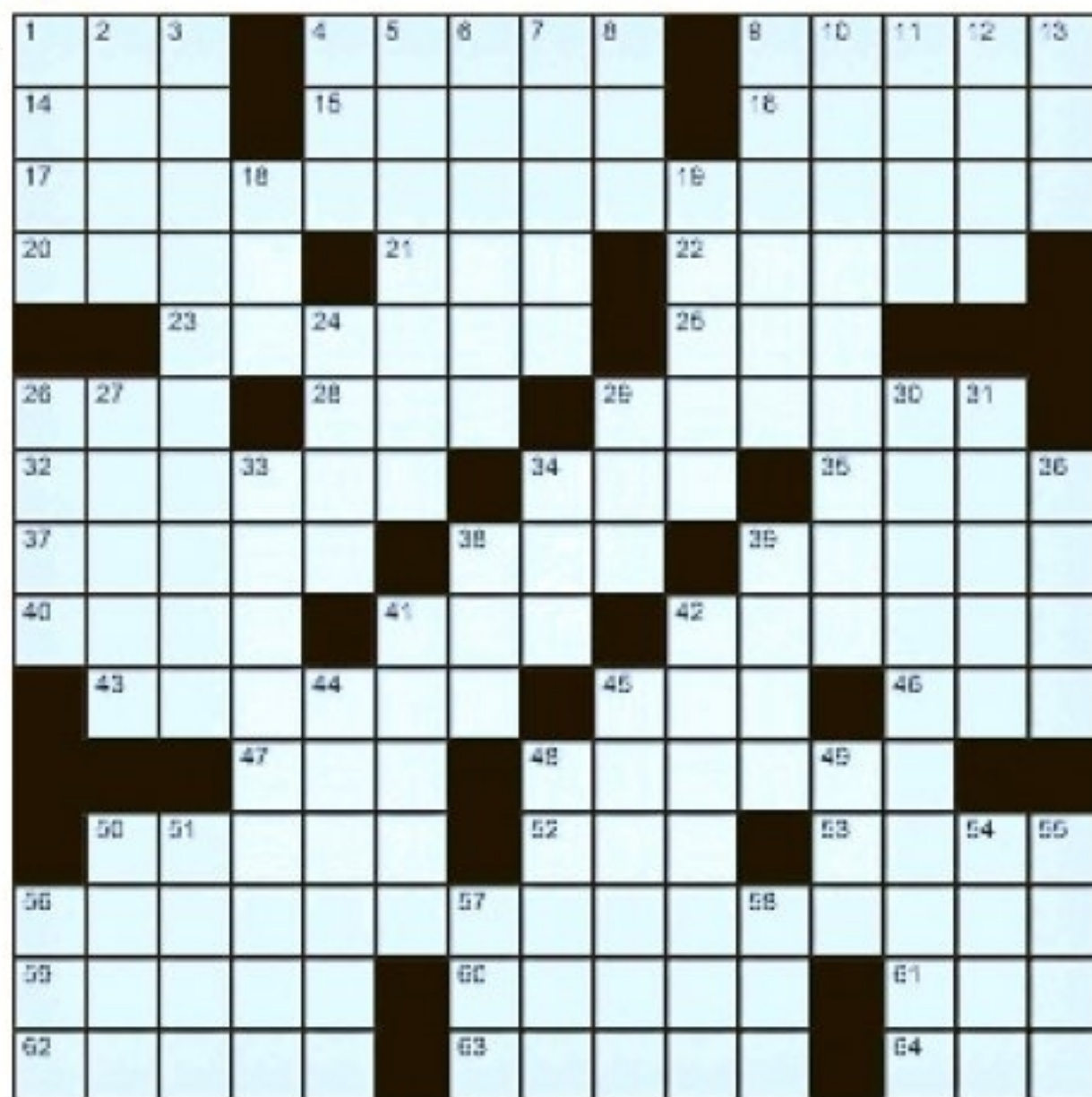
- 2 cups spelt flour
- 2 tsp baking powder
- 1/4 tsp salt
- pinch of allspice
- 1 1/3 cups milk
- 2 eggs
- 2 eggs

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Swimmer's head covering
4. _ _ Sketch
9. Borders on
14. Kilos alternatives
15. Actress Lindsay
16. Valleys
17. RIO 2016: Aphrodite or Athena, in ancient Greek mythology: 2 wds.
20. Toy company
21. Psychedelic drug
22. Director Sidney
23. RIO 2016: Equestrian stars
25. Here: French
26. Tic-Tac-Toe win
28. Possesses
29. Travel _ (Trip planners)
32. RIO 2016: Like the in-the-pool swimmer: 2 wds.
34. RIO 2016: Athlete's story
35. Deanna _ (Counselor on Star Trek: The Next Generation)
37. Fauna's friend
38. O Meridian letters
39. RIO 2016: Points in Soccer
40. Greenish hue
41. Irritate
42. Witty remark: 2 wds.
43. Method
45. _ culpa!
46. Bottom-of-letter letters
47. Rocky hill
48. " _ _ the highest bidder!"



50. Frigid
52. RIO 2016: American Samoa, IOC-style
53. RIO 2016: Gymnastics legend Ms. Korbut
56. RIO 2016: One of a Heptathlete's skills: 2 wds.

59. "That's _" by Dean Martin
60. RIO 2016: "O Canada! Terre de nos _"
61. Hebrides 'no'
62. 'Wilde' tail (Gnu)
63. " _ _ Fine" by The Chiffons
64. Meadow mom

DOWN

1. Curdle
2. Competently
3. RIO 2016: Sports _ (Training component)
4. Rock supergr.
5. Strives/works for: 2 wds.
6. RIO 2016: Runs

- after a ball
7. RIO 2016: Passes the ball or baton
8. RIO 2016: IOC code for Luanda's country
9. Cite, as evidence
10. RIO 2016: Racket sport
11. Movie bee-

- keeper
12. Quiz
13. "Jaws" (1975) director's initials-sharers
18. Cow's sound
19. 'Few'-meaning prefix
24. Ostrich-like bird
26. Lummoxes
27. Earthenware pots
29. River islet
30. RIO 2016: Sport for Canada's flag bearer Rosie MacLennan
31. Arias
33. RIO 2016: Some athletes
34. RIO 2016: Cycling _ _ _
36. 'Special' suffixes
38. Emerald
39. Prod
41. Rigoletto opera composer
42. RIO 2016: BLR is its IOC code
44. Loo
45. Dances, at a '90s concert
48. Composer/pianist Erik
49. Haul
50. RIO 2016: Team match-up
51. RIO 2016: "Yippee!" in ancient Greece
54. Chew
55. James _ (Pulitzer-winning writer)
56. RIO 2016: Boxing blow
57. "Nope."
58. Soup flavouring cube

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sudden changes to travel plans are likely. You might meet someone from far away or be surprised to encounter someone from another culture or a different country. Likewise, legal decisions will be unexpected.

Taurus April 21 - May 21
Check your bank account for something unexpected: shared property, taxes, debt, inheritances and wills. Make sure you know what's happening.

Gemini May 22 - June 21
A partner or close friend might throw you for a loop today by doing something you least expect. Someone might demand more freedom in the relationship.

Cancer June 22 - July 23
Interruptions to your work are likely. (Computer crashes, equipment breakdowns, staff shortages and canceled meetings are just some examples.) Allow extra time to cope with this.

Leo July 24 - Aug. 23
A surprise invitation to a vacation or a social event might come your way today. Children might be the source of a surprise. Ditto for sports.

Virgo Aug. 24 - Sept. 23
Something to do with your home routine will change today. Perhaps small appliances break down or minor breakages will occur. Perhaps unexpected company arrives.

Libra Sept. 24 - Oct. 23
Your mind is racing today, because it's full of ideas that you want to share with others — especially siblings, relatives and daily contacts. It's easy to think out

Scorpio Oct. 24 - Nov. 22
Today you might find money; you might lose money; you might lose an item or you might find something that was lost. Count your change and check your bills.

Sagittarius Nov. 23 - Dec. 21
You feel independent and confident today. You also feel ambitious, which is why you might do something different or spontaneously take a new direction.

Capricorn Dec. 22 - Jan. 20
An unexpected secret might come out today because something related to a hidden matter will surprise you. Or you might make a breakthrough in a research project.

Aquarius Jan. 21 - Feb. 19
You love characters! Today is a classic type of day to meet someone who is unusual and different. However, someone you already know might amaze you in a weird way.

Pisces Feb. 20 - March 20
You might be surprised or caught off guard when talking to parents and bosses today. Someone might suggest something that ultimately gives you more freedom.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3						6		8
	2			3		9	4	
4	5		1		9			
		6		4		8		
	4						2	
		3		1		5		
			3		4		9	7
	1	4		8			6	
7		9						5

©2014 Conceptis Puzzles, Ltd. By King Features Syndicate, Inc.

THE HANDY POCKET VERSION!

Get the news as it happens



metro



Download the Metro News App today at
metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



8	9	2	6	5	4	3	7	1
1	7	5	8	3	2	4	6	9
4	3	6	9	7	1	2	8	5
3	8	1	2	4	9	7	5	6
5	2	7	3	1	6	8	9	4
9	6	4	7	8	5	1	3	2
7	1	9	4	6	8	5	2	3
6	5	3	1	2	7	9	4	8
2	4	8	5	9	3	6	1	7

**HONDA**

bchonda.com

*Bagging the perfect find.
Hope farmer's market, Ali Birston*

FIND YOUR  PLACE.

2016 CIVIC LX

LEASE FOR **\$55*** @ 2.99% APR*
\$0 DOWN PAYMENT*

Weekly on a 60 month term with 260 payments.
MSRP \$20,650** includes freight and PDI.

**2016 CR-V LX**

LEASE FOR **\$72*** @ 1.99% APR*
\$0 DOWN PAYMENT*

Weekly on a 60 month term with 260 payments.
MSRP \$28,015** includes freight and PDI.



**PLUS A
\$1,500* HONDA BONUS**

2016 FIT DX

LEASE FOR **\$44*** @ 2.99% APR*
\$0 DOWN PAYMENT*

Weekly on a 60 month term with 260 payments.
MSRP \$16,385** includes freight and PDI.



The Honda

2016

MODEL

CLEAROUT

It's your last chance to save
on remaining 2016s, only at
your local BC Honda dealer

**CLEAROUT OF UP TO \$3,000[£]
BONUS TO ON SELECT 2016 CR-Vs**

They're going, going, GONE...

£\$1,500 Honda bonus consumer incentive dollars are available on all 2016 CR-V models. Honda bonus consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. \$3,000 clearout bonus on the 2016 CR-V LX AWD is comprised of \$1,500 consumer incentive dollars and \$1,500 customer cash rebate. Consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. Customer cash rebate will be deducted from the negotiated price after taxes and can be used in conjunction with any HFS Standard Rate Programs. \$1,500 clearout bonus on 2016 CR-V models (LX 2WD, SE AWD, EX AWD, EX-L AWD, and Touring AWD) is comprised of \$1,500 consumer incentive dollars. Consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. **The weekly lease offer applies to a new 2016 Civic 4D LX 6MT FC255GE/CR-V LX 2WD RM3H3GE1/Fit DX 6MT GK5G3GE for a 60-month period, for a total of 260 payments of \$54.93/\$71.95/\$43.94 leased at 2.99%/1.99%/2.99% APR based on applying \$948.00/\$576.40/\$576.40 "lease dollars" (which are deducted from the negotiated selling price after taxes). ‡Down payment of \$0.00, first weekly payment and \$0 security deposit due at lease inception. Total lease obligation is \$14,281.80/\$18,707.00/\$11,424.40. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. **MSRP is \$20,650/\$28,015/\$16,385 based on a new 2016 Civic 4D LX 6MT FC255GE/2016 CR-V LX 2WD RM3H3GE1/2016 Fit DX 6MT GK5G3GE including freight and PDI of \$1,595/\$1,725/\$1,595. Prices and/or payments shown do not include the/battery tax of \$25, or air conditioning charge (where applicable) of \$100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from August 3rd through 31st, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.